

## HOW TO USE THIS BOOK

This book contains fifty-two meditations and three alternate meditations. Each meditation is followed by three inquiries to support you in experimenting with the meaning of the meditation in a concrete way in your life. Each meditation and its accompanying inquiries are designed to point you toward single-minded focus for the week.

Read the same meditation every day for one week. Each day of the week, pick one or more of the inquiries associated with that meditation to use that day.

Write the results of your inquiries in a journal so that you can compare your results as you use this book year after year.

Notice what you learn, and develop and write down guidelines that support you in accomplishing what is most important to you. Your guidelines may be different from the guidelines of any other person. We are each unique. Express and share who you are and the gifts you have for the benefit of yourself and others. Let your light shine.