

## Step-by-Step Guide to Two Hours of Mama Soul Care

Here is a step-by-step guide to how you might like to spend two hours focused on soul-care:

- The day before your time is scheduled, prepare the following items: comfortable clothes to wear, a candle or some incense, a clean space, a pen and paper (or your journal), some Holy Writings of your choice.
- Start your hours alone with a 20 minute wind-down period. Take a bath, make yourself a cup of tea, or sit outside to enjoy the sounds of nature. Do not use this time to make a "to-do" list or think about an issue you have been struggling with lately. Focus on your sensations in the moment: what you hear, smell, taste, feel, and see. Clear your mind of the past and the future. Set a timer so you know when your "time is up" so that you don't keep looking at the clock.
- Set your atmosphere for your soul-care. Again set the timer, this time for 45 minutes *before* your mothering duties start again. Find a clean, quiet space (so you don't get distracted by the clutter and noise... use earplugs if you must), light a candle or burn some incense, and focus on your breathing. Imagine yourself in your true spiritual state, free of the material world.
- Start with the Tablet of Ahmad, the Long Obligatory Prayer, the Healing Prayer, or another prayer you love but may not regularly have time for. Sometimes when one is so tired, with a mind so full, it is hard to let go of everything in order to pray... this is your time to really try. Focus fully on the Words of Baha'u'llah. Don't worry about the kids - they are in safe hands - and everything else can wait.
- Choose another selection that will be inspiring to you - whether it's the recent Ridvan Message or a Tablet of Baha'u'llah. It's probably best to read something you have a hard copy of (so print out the Ridvan letter beforehand if you want to read it!) to ensure you are not tempted to do anything else while on the computer.
- When the timer goes off (now 45 minutes before your time ends) begin to journal. Write down what has inspired you, the ideas that have come to your mind, and any new goals you would like to consider. Set the timer for 10 minutes before you children are due to arrive home. If you have extra time, write down things you are thankful for, questions you have which you would like to search for answers for in the Holy Writings, or copy a quotation over and over to help you memorize it.
- When the timer goes off, you now have time to regroup after your relaxation. Close your eyes. Say a prayer of thanks. Put away your books and papers, and be ready to greet your family with new spiritual energy.

