

Spiritual Growth Exercise for March 2018

Inner Light

One of the things I like best about this time of the year is the return of light in the early morning hours. I am more motivated to get out of bed in the morning when it is light outside. During my early morning walk I realized that soon we would “spring ahead” with the time change and once again it would be dark in those early hours (at least for a while).

During this month of March before the time change try to consider what happens to your inner light when the outside light changes. Ask yourself this question this question:

How does light nurture my inner spirit, my inner light?

Consider light at various times of the day and night:

Sunrise

Sunset

Cloudy Days

Sunny Days

Light from lightening

Moonlight

Be sure to let your “Inner Light” shine regardless of the darkness.

Tammy Koenecke, Spiritual Care

