



## **Don't Go Back To Sleep**

**By Jessica Fish, R.S.C.P.**

*“When we pursue authentic desires, speak from the heart, and make choices based on inner wisdom, I believe we are living soulfully...from the inside out. When we chase after “sensible” goals, say what we think others want to hear, and make choices based on habit or fear, we are living from the outside in...and suffer the turmoil that comes from feeling out of step with our core being.”*

***“LIVING SOULFULLY DURING CONUMAS”***

***Suzanne Zoglio***

The Season of Holy Days has been referred to as the “Consumas” holiday season. We are bombarded with marketing messages everywhere telling us what to buy, buy, buy.

How do you continue awakening to your divinity during “Consumas”? Shift your consciousness from the outside form to your inside essence. Use every commercial ritualization you see as a trigger to take 10 seconds to contemplate what Jean-Marie Hamel has to say about the soul: “Like a precious gift wrapped inside a decorative box, your soul is the finest part of you: it loves unabashedly, accepts unrestrictedly, understands completely, and serves your best interest unconditionally.” One way to encounter your formless essence is through meditation.

You are welcome to join us at the Center of Spiritual Awakening in silent meditation every Wednesday night during this holy day season! Once awakened, don't go back to sleep!