

## HARVEST OF THE DAY:

Again, it is not always easy to actually stay in touch with the Spirit after a full day of sharing and discussion. By listening to our body, which is the temple of the Spirit, we can focus on what really matters, leaving whatever is circumstantial and secondary aside. The 'harvest of the day' is a personal exercise that will help us stay focused.

When the Spirit asks us to change something, it usually disturbs our homeostasis, our stable state of equilibrium, asking us to leave our land and to journey towards an unknown destination. The initial fear or concern eventually recedes and a new sense of joy and enthusiasm prevails.



*Rekindle the Fire within Us*

We will follow 5 steps:

1. Write down a **list of your worries** at the end of the day, without leaving anything aside. As you write each item, let it go completely. You will go back to the list at the end but it is important to create a space of freedom and peace before harvesting. Once you identify and let go of all your worries, take a couple of minutes to breathe and enjoy the peace.
2. As you slowly read the list, be aware of how your body reacts in front of each item. Let your body sensations tell you what is the central point in the list. **Try to locate what part of your body this item is 'nesting' or residing in.** Become aware of the sensation.
3. Once you focus on the central sensation, stay with it and leave everything else aside. Let your body give you the words, images, feelings and movements to **clearly describe what you feel.** Why do you feel that way?
4. Once you have fully worded the central point, ask your body to make you **experience how would you feel if you were completely free** from that worry or concern. It is not a mental exercise but an act of faith: *"everything you ask and pray for, believe that you have it already, and it will be yours"*. What is the small realistic step you must take in order to make this freedom concrete?
5. **Give thanks** for the light and peace you experience. If your harvest is really in tune with the Spirit, the initial sensation of worry should have lessened or disappeared.