

The logo for 'School of Love' features the words 'School of Love' in a red, cursive script font, centered within a white rectangular box with a thin black border. The box is set against a light gray background with a subtle drop shadow.

# School of Love

## Create a *Me Practice*

Mother Mary would like you to create, or deepen, if you already have one, a daily practice of spending time with yourself by going within. Mother hopes that throughout this course if you're willing to create and maintain a *Me Practice*, as She calls it, that you'll love the results so much that you'll continue a day at a time for life. At the heart of all Her teachings is the focus on developing, maintaining, and expanding a loving relationship with yourself. *School of Love* is designed to take you inside your Being to find your strengths, gifts, and courage to resolve your struggles and live the life you want to live. Your *Me Practice* is one of the keys to helping you create and maintain a life you love living.



### *What's a Me Practice and Why Do I Need One?*

Your daily *Me Practice* will be created by you based on what works for you. It's a beautiful way to show up for yourself. It's like saying, "I matter!" There is no one right way to spend time with yourself. It doesn't have to be done at a certain time of day but is best if done throughout your day in small pieces. The only guideline Mother asks you to follow is to get clear on whether or not the action you're taking brings you closer to yourself or feels like a distraction.

A *Me Practice* is not meant to fill your life with more tasks or more busywork that doesn't offer results. The design you choose can change as you grow. Mother teaches that the more you know yourself, the deeper you'll fall in love with yourself. Yes, you face parts of your shadow, and that can be painful, but you also get to meet more of your light. Remember, denying your shadow or the cringe-inducing parts of yourself also keeps you from feeling all your joy. Shadow and light are integrated and cannot ultimately be separated. Your practice will help you get to know your whole amazing, glorious Self, not just bits and pieces.

## *Sacred Space*

Create a place in your home that you go to consistently to do your *Me Practice*. Mother calls this your sacred space. It can be anywhere and consist of anything as long as it's quiet and feels safe for you. By returning to the same place every time, your mind and body can relax more easily because they love safe consistency when becoming vulnerable. Some people create an altar and sit in front of that, while others use a chair, couch, or their beds. Try to have all you need within reach – journal, pen, phone for apps and timer, books, and any materials that will help you relax and focus. You want to create a space that offers the least amount of distraction. If using your phone as a timer is too tempting to check texts or emails, leave it far away and get yourself a simple digital timer.

## *What Do I Need to Include in My Practice?*

The 3 main elements of a *Me Practice* that Mother encourages you to include are meditation, inspiration and writing.

Meditation can be done sitting, lying down, or it can be movement-based. The two types of meditation from Mother's perspective are passive and active. Active meditation is your conscious intention of being aware of Self. It helps you become aware of what you're feeling/thinking in mind, body, and spirit, how it affects you and what you want to do about it. Passive is the silent internal stillness most commonly associated with the state of Being.

Active meditation is vital to knowing Self. When you close your eyes and focus on how you're feeling, whatever insight you receive may be helpful in navigating your life and figuring out what your needs are and how to fulfill them. An active meditation can be used to create body awareness through yoga, Tai Chi, or dance. It can be a specific focus such as repeating a mantra or listening to a guided meditation, sound or music. Engaging the mind and still small voice through writing can also be a powerful active meditation. Any of these can lead you deep into a passive meditation or they can create a deeper awareness for what's happening in your life in the moment.

Passive meditation is equally important, as it gives you a break from your mind chatter or monkey mind, as well as the stress you carry within, and the self imposed burden of "working on yourself." It provides you with serenity and peace.

Writing is another vibrant tool for knowing Self. Writing longhand has been proven to deepen the insight you receive – much more than just thinking or talking about an issue. Journaling (with or without a specific focus), automatic writing, answering questions, following writing prompts, and writing down your *aha* moments can open up your inner world.

Mother encourages you to write longhand during this course – and beyond if possible-unless that creates body pain or is a deal-breaker for you. She would much rather you use your keyboard than not do any writing at all.

Mother recommends reading about, listening to, or watching people and things that inspire you each day, to stay aligned with love. Cultivate and allow inspiration to be a powerful part of your life. But most important, see and feel yourself in what and who inspires you. The reason Mother includes this element in your *Me Practice* is because it can be too easy to fall into the trap of “working on yourself” to the point that your enlightenment becomes a burden and a chore rather than a privilege and a joy.

Experiment, create, and engage in a Me Practice that works for you. You’ll be so glad you did.