

The logo for 'School of Love' is written in a red, cursive script font. It is enclosed in a white rectangular box with a thin black border. The box has a subtle drop shadow effect, making it appear to float above the page.

School of Love

Soul Flow

After completing Units 1, 2, and 3, you have extensive insight into yourself and your challenge. In Unit 4 you're going to put all this together to create a structure that is designed specifically for you to allow maximum soul flow. This is the structure you'll follow for the rest of the year, allowing for refinement along the way.

In this first lesson you'll start by focusing on the things that matter most to you and your soul gifts. Mother teaches that what matters most to each of us tends to only be a few things. These are overarching ideas, feelings, beliefs such as intimate connections, love as a guiding principal, compassionate equality, being free. And your soul gifts are gifts you were born with or have discovered along the way. They are things you love doing, and you may or may not be good at them as well. But the key ingredient is the joy you experience while you do them and when you share them. They can be something as simple as smiling (maybe yours is infectious and causes breakouts wherever you go), or as complex as running a company that inspires the world. This is your time to shine, so don't be shy write down all your soul gifts, great and small.

Begin by getting centered and do some deep breathing. When you feel connected to yourself, dive into the explorations below.



1) These are the things that matter the most to me, and why:

2) My amazingly fabulous soul gifts are:

3) When I share them with others, I feel:

4) Read back through all your Love Pages and journal entries up to this point. Evaluate all the tools and actions you've done so far in *School of Love* to determine which ones feel as though they support the transformation of your challenge most powerfully.

You can use these four rating terms to assign what's working best for you in the list below (or come up with your own labels). Include a little bit about why it is or isn't working for you underneath each one.

- 🎯 **Super-Charged:** definitely working for you and you can feel the results
- 🎯 **Loving It:** feels good, but you're not quite sure about the results yet.
- 🎯 **Maybe Later:** not resonating with you at this time.
- 🎯 **It's on the List:** haven't had a chance to try it but want to.

Mother Mary's *School of Love* videos: _____

Challenge clarity: _____

Daily checklist: _____

Writing letters to Mother & letting Her write back: _____

Meridian Tapping - EFT: _____

Prayer: _____

Scheduling your Me Practice: _____

Your *Me Practice* activities:

Moving your body: _____

Eating simply: _____

The Mother bath: _____

Fun and Laughter: _____

Enough sleep for your body: _____

Mother's forgiveness mantra: _____

Abstaining from multi-tasking: _____

Abstaining from complaining: _____

Listening to yourself: _____

Connecting w/ others in *School of Love*: _____

Deep breathing: _____

Yoga Nidra: _____

The Love Pages: _____

Mother's meditations:

Exploring Your Challenge: _____

Root Chakra: _____

Love Practice: _____

Feeling Body: _____

The complete Love Practice: _____

Giving support: _____

Receiving support: _____

Using light resistance to help you to flow: _____

Loving your challenge: _____

Building better boundaries: _____

Clarity about what your feeling: _____

Identifying and caring for yourself as a highly sensitive person and/or as an empath: _____

Body awareness: _____

Clearing your energy field: _____

Grounding and centering yourself: _____

Looking into your eyes in the mirror & speaking to yourself with love: _____

Any other practices or actions not mentioned above: _____

5) As a result of using these tools and taking consistent action, how do you feel?

6) Are these feelings worth supporting and nurturing? Are you? Remember it's your choice.

7) Describe how your challenge feels now. Can you feel it transforming? If so, how?