

Bringing Qualities of Soul to Everyday Life and Work

Denise Bissonnette



Table of Contents

	Acknowledgements Introduction
,	I Dedicate This Day—Bringing the Sacred into the Everyday
2	Unlived Dreams and Rising Bread—Shaping Fresh Hope from New Dreams21 Treat your dreams like sweet peas Open your fists to swing from new branches Be careful what you hope for Put your imagination to work on your life's behalf Hold fast to your ability to dream new dreams Have faith in your discontent Let go of the bread and regain the sky
3	Arriving—Embracing the Unknown
4	Nurture Your Nature—Celebrating Your Gifts
5	Rekindle the Flame—Restoring Purpose and Passion
6	The Masquerade—Befriending Yourself and Others
7	New Wings—Moving Through Fear

X	Take the unknown one piece at a time Learn from the earth how to transition with grace Accept your seasons Find comfort in the constancy of change Allow darkness to be a gift Cultivate patience for cycles Be as the flower in your blossoming
9	Meadowlarks—Renewing the Joy of Giving
10	The Puppeteer—Pulling Your Own Strings
,,	The Beauty of Today—Seizing the Day
12	The Journey to Belong—Employing Your Inner Compass
13	On Second Thought—Harnessing Perspective
14	At the Feet of the World—Becoming More Teachable
15	A Heart Contained—Choosing Joy

16	I Want to Live in Color—Living Wholeheartedly
17	Not One Alike—Valuing Your Part in the Whole
18	Rhythm—Cultivating Balance in Life and Work
19	Veil of Wonder—Seeing through New Eyes
20	A Pilgrim's Plea—Remaining True to the Soul
	Appendix—Everyday Habits as Entrance to Soul
	Bibliography and Suggested Reading346
	Source Index