

My Rule of Life

Your 'Garden Plot' or Rule of Life maybe divided into four sections: your Relationship with God, your Relationship with Self, your Relationship with Others, and your Relationship with Creation. Each of these sections is divided into three rings:

The inner ring, for 'Daily Upkeep,' will include disciplines or practices you decide to do every day. The middle ring, for 'Weekly Fertilizing,' is a place to record practices that you will do each week. The outer ring, for 'Seasonal Care,' lists practices that are only done occasionally - annually, semi-annually, or quarterly.

Use your notes from past sessions to guide this time of reflection. For each section write down a few simple, realistic steps you can take to nurture your relationship with God, with Self, with Others, and with Creation. Decide what you will do each day, each week, and each season or year.

