



SOUL SABBATICAL

A sabbatical is a period of time during which someone does not work at his or her regular job and is able to rest, travel and do research.

A Soul Sabbatical is what we call a 30 minute space of pure rest and relaxation. It's time that's taken at least once a week, where there is no DOING, just BEING. There is no talking allowed, no phones or electronics, no books, no work, and no sleeping—this time is set aside for you to be in silent reflection with yourself and the world around you.

Today, create 30 minutes of free time to either go outside (preferred) or stay inside and use a window as your space to view the world. Set a timer for 30 minutes on your phone or watch. Just sit and witness the world unfold. Let your senses be present with the moment: what are you seeing, what are you smelling, what is the feeling of the space you're in, how much can you be aware of, what are you witnessing?

Soul Sabbatical Examples: watching the waves at the beach, watching the clouds, watching the pigeons on a park bench, sitting under a tree, sitting outside of your apartment or house watching the activity in the street, etc.

REFLECTION QUESTIONS: WEEK NINE

If you feel called to, you can send all answers to bridgemethod@gmail.com
with subject: ACCOUNTABILITY WEEK NINE

1. **What discoveries did you make about yourself?**
2. **Where did your ego-mind/Wounded Self take over this week?**
3. **What did you discover about yourself, or the world as a whole, during your Soul Sabbatical?**

BONUS:

Interview time!! Choose someone who has been around you throughout your journey with The Bridge Method. Go back to Month ONE, Week TWO, to review how a feedback interview works. Add in the question: WHAT SHIFTS HAVE YOU NOTICED IN ME SINCE I BEGAN THIS PROGRAM?

***If this is the same person you interviewed before, let them know that you'd like to do a follow up interview to see how you're currently showing up.**