

Reflection Prompts: “Where Might My Light Be Hiding?”

- 1.** Is there a moment in my past that keeps popping into my mind—even if it seems random or small? What happens if I sit with it and ask: “What are you here to show me now?”
- 2.** Was there ever a time in my life where everything changed—suddenly, softly, or painfully? What part of me was awakened in that shift?
- 3.** As a child, what was I drawn to before I was told who to be? Are there symbols, places, or ideas that always felt familiar, even if I didn’t understand why?
- 4.** Have I ever had a moment of deep stillness, awe, or silence that felt different from regular time? Could that have been a glimpse of something more?
- 5.** Is there a past version of me I used to feel shame around—but now, I see them with softness? What wisdom did they carry that I can receive today?

**“I trust that what rises now, rises with purpose.
I open my heart to the echoes of who I’ve been—
And I welcome the light I left there for myself to find.”**