



FAITH
HELPS
LLC

DEEPER *meditation*

Find a quiet space where you feel safe and undisturbed. Settle your body into a comfortable position. Breathe deeply. Allow your body to soften before you read your first chosen prompt. Reflect on one at a time. Allow yourself to go beneath the first layer of thought. Don't rush for an answer. Sit with the question, notice what rises, and what gets triggered. Write only when something feels relevant or meaningful to you.
The goal is depth, not perfection.

Identity Beyond Ego

If I had to describe myself without roles, achievements, pain, or history — who remains?

What qualities exist in me even when everything external is stripped away?

The Unspoken Truth Within

Where do I notice tension between the life I present and the life I long for?

What is the truth I feel beneath the truth I speak?

Meeting My Inner Observer

If I listen to my thoughts instead of becoming them, what do I learn about the patterns that guide me?

Which thoughts arise from fear, and which ones rise from wisdom?

Stillness As Teacher

When I stop trying to fix, control, or interpret — what do I hear in the silence?

What message does my body, breath, or spirit reveal only when I finally stop speaking?