

# RUAH

## A SPACE TO BREATHE

Ruah is a Hebrew word that conveys breath, wind, spirit and divinity. Ruah is the force that brought creation into existence, breath into our lungs and moves leaves and trees, mountains and souls. Ruah is a spirituality center in a Houston convent where silence, beauty, healing and hope can be found. The spirit of Ruah breathes in my new space promising movement that is invisible, powerful and quite possibly magical! An invitation for hope into chaos, light into darkness and comfort in pain awaits you.



*Wonder, Look, Listen and Trust.*

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Life can be so much at times. Especially during this season, the muchness can feel unsustainable. Whether there is too little or too much, the burdens of suffering can overwhelm. Then what? What do we do when it feels too hard? Cultivating spiritual and emotional practices in our lives can help us find deep comfort where divinity, intimacy wisdom and love live. This is a season where anticipation of the promise of fulfillment was born. It is possible that these promises are closer than our breath. What if hope is within our immediate grasp right here right now? The divine may be drawing you here!

Would you consider trying out practices to find your own divine breath? All that you need is within you. All you need to do is ask, look, listen and trust.

This winter, receive 10% off your individual session when you spend twenty minutes participating in one of the spiritual or emotional practices available in my new space. Come before your session or stay after to taste and see what is here for you.

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## THREE SPACES

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- I. **The *Tiny Pink Cafe*** has coffee, tea or cold drinks.
- II. **The Library** has many options for practices to consider trying. There are informational cards available to guide you thru each practice. You can try 1) Journaling; 2) Lectio Divina using poetry, Bibles or books; 3) Study or Learn something old or new or get lost in fiction; 4) Trace a hand held Labyrinth; 5) choose a Chakra card and follow its lead; 6) Paint on the Buddha Board; or 7) Find an image or painting and use it as an icon for meditation.
- III. **The Art/Meditation Room** has opportunity for 1) creating a Mandala; 2) Praying In Color; 3) Sketching or Drawing with colored pencils, markers or paint; 4) Knitting; 5) Collaging; 6) Find a place on the couch or floor and follow prompts for a meditation or 7) Listen to music using headphones.

Feel free to RSVP to me if you would like to take part in this **Ruah Winter Special!** I look forward to seeing you soon.



# A GUIDE TO THE NEW SPACE

There are instructions for each practice.

You will find them located on the shelves in the Library and in the drawers in the Art Room. These practices are experiential and simple. Anything you do will make a difference to your soul. Wonder, Look, Listen and Trust.



The Library has options if you are feeling like you would like some alone space to seek comfort or peace. Or maybe you are just feeling curious and hungry to learn or explore.

1. Journaling
2. Icon Meditation
3. Explore & Learn & Read
4. Buddha Board
5. Chakra Cards
6. Lectio Divina
7. Hand Held Labyrinth

In the Art/Meditation Room, there are pillows so you can floor sit or there are tables where you can create.

1. Create a Mandala
2. Make a Collage
3. Sketching or Drawing
4. Pray in Color
5. Meditation
6. Listen to Music with Headphones
7. Knitting

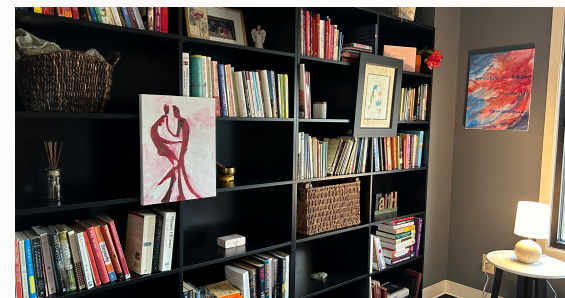
## THE TINY PINK CAFE

Sometimes it just feels good to have a cup of tea or coffee. It means you're going to stay for a while. Maybe you'll even enjoy yourself! Look at you. You are trying something new. Some of us don't receive or accept an offer for a drink. This is a good place to say yes. Practice a little extra self compassion and kindness to your wholesome, beautiful self and treat yourself.



## THE LIBRARY

There are books of poetry, self help, spirituality, family, marriage and fiction. There are picture books, Bibles and Books of Common Prayer. There are paintings, icons, images and cards, all available to usher you into a quiet space of learning, feeling, affirmation or meditation. Each practice offered here has an instruction card to help you choose which practice feels right, then will guide you thru.



## THE ART/MEDITATION ROOM

Spacious and open with tables and art supplies, you can find a seat in the corner with a pillow and blanket for music or meditation or set yourself up at one of the tables for some creating. Each opportunity has guidance cards to lead you into what practice would most meet your needs in the moment. Once you find what most speaks to you, follow the suggestions of the practice you choose.

