

SLIDE 1  
FOUR VOICES WORKSHEET

Situation/contradiction:

	<i>Nafs</i> (Senses)	<i>Soul</i> (Faculties)	<i>Heart</i>	<i>Spirit</i> (highest reality)
What am I sensing/hearing from each voice?				
What is each voice telling me to do next?				

SLIDE 2  
YIN YANG SYMBOL



## SLIDE 3

### TRANSCENDING CONTRADICTIONS

It is a disciplined practice of placing oneself in between two worlds, or at the midpoint between two extremes that seem irreconcilable, and faithfully waiting until their shared essence, which holds them both, becomes perceivable.

## SMALL GROUP DISCUSSION QUESTIONS

Which contradiction(s) do you find problematic most often?

On your own pick one and use the Four Voices worksheet to think about

--feelings (nafs) and thoughts (faculties/soul) contradiction brings up;

--what your heart and spirit "say" about it

As a group share what came up for you