



HARRIET

STUDY GUIDE

Heart and Soul Center of Light

10 Year Anniversary Fundraiser



Heart and Soul is a loving and compassionate, world-class teaching and empowerment ministry. Our purpose is simply to assist you in living, loving and growing the full spectrum of your life in positive ways through the use of spiritual tools that will inspire you to share your unique gifts toward making the world a better place. We welcome all people and together we make a quantifiable positive difference on the planet.

We encourage you to use these questions to initiate dialog and stimulate forward movement with your family, friends, on social media and between you and you! Please see the bottom of this page to graciously give to our Anniversary Fundraiser.

Perseverance

What enabled Harriet to see beyond the appearances of bondage?
What could she see (feel) that others couldn't?

♡ What good do you see for yourself that isn't apparent yet?

Courage

What obstacles were Harriet up against? Which were internal vs external?
What were the risks of her escaping and why did she (as opposed to so many others) choose that it was worth the risk?

♡ What are your current obstacles & risks?

Trust

What did Harriet need for the journey(s)?
What did she have to believe?

♡ What do you need and what must you believe?

Faith

Notice what you notice!

♡ How does this relate to your life and journey over the next 10 years?

♡ What are you leaving behind and what are you running toward?



**Ways to give your tax-deductible donation:
Heartsoulcenter.org, Text "Give" to 510-500-5849 or click here**

