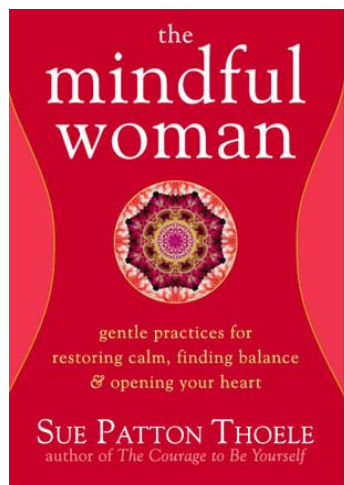


Interview with Sue Patton Thoele
Focus Questions for Further Reflection



Spiritual World Net
Nurturing Your Walk with Others



The Mindful Woman: Gentle practices for restoring calm, finding balance & opening your heart
by Sue Patton Thoele

Imagine a day in which you can be in the midst of chaos but maintain a clear head and sense of balance and focus and have your feet firmly planted on the ground. Even the busiest of women among us has the ability to embrace mindfulness and will reap the benefits of doing so!

In *The Mindful Woman*, Sue Patton Thoele shows you how to incorporate mindfulness into your busy and dynamic life. The book's gentle and humorous approach makes it a practical and easily understood guide for those who are new to the practice of mindfulness as well as those who are already familiar with its gifts.

Introduction:

The following questions are offered to help continue your reflection on our conversation with Sue Patton Thoele. Feel free to use these questions as a guide for your reflection individually or to start a dialogue with other spiritual directors. You will be able to hear a recording of the Q&A after our April 29, 2010 meeting at the following web page:

<http://www.spiritualworldnet.com/>

Reflection Questions:

1. What might being gentle with myself look like?
2. How would it affect my relationship with God?
3. What are three ways I can practice mindfulness in my daily life?
4. What sacred passages speak to me about the quality of gentleness, mindfulness, and/or silence?
5. How can I help foster a state of mindfulness in those I walk with in the ministry of spiritual direction?

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