

XII SPIRITUAL BODY

What is my truth?
 Who am I really?
 What is my most authentic expression?
 Where does my faith lie?

XI EMOTIONAL BODY

uncover layer of conditioning, expectations, responsibilities, trauma, wounds

X MENTAL BODY

purifying our thoughts
 patience + compassion for that endeavor

What are my daily thoughts revolving around?

Do I interact enough gracefully?

VIII + IX

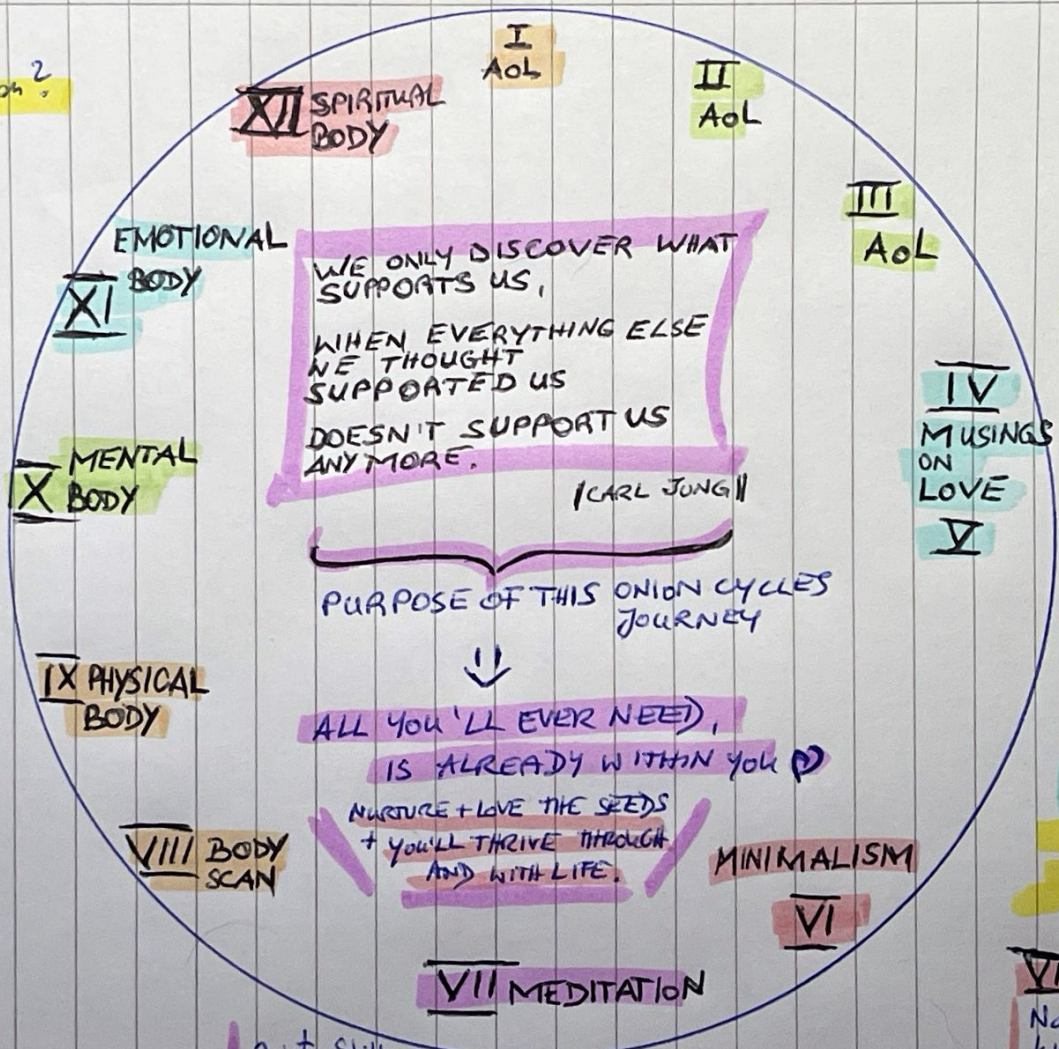
BODY SCAN + PHYSICAL BODY

Connecting with the body again
 I AM AN ETERNAL BEING
 LIVING THE HUMAN EXPERIENCE

How do I feel?
 Is there pain?

Do I regularly connect with my body?

What do I nurture my body with?
 Incorporate pleasant sensory experiences in daily life? Moments of luxury, scented candles, bubble bath, fine meals



Quiet, Stillness
 Balance, Centredness
 What kind of meditation practice serves me best?
 Questioning myself to become better, healthier, more authentically, truthfully me.
 Balance to indulgence + discipline - Am I living in balance?

- I Art of Love Part 1
 What is love?
 How do I love?
 What does love look like for me?
 Am I more concerned with BEING LOVABLE or BEING LOVING?
- II + III Art of love Part 2+3
 My relationships with the EXTERNAL. How are my relationships with FAMILY FRIENDS SPOUSES STRANGERS? the Universe?
- Who are the 5 people I spend the most time with?
- IV + V Art of love Part 4
 Musings on love
 How do I nurture the relationships with myself?
 What does self-care + self-love look like for me?
 Have I found a way to navigate the external with the internal in a balanced way?
- VI Minimalism
 Not about owning less BUT knowing more.
 What do I really WANT + NEED in my life?
 What + Who do I ALLOW into my life?
 Who do I want to be?
 What do I want my life to look like?
 WHO AM I?
 WHO DO I WANT TO BE?