

REFLECTION EXERCISES: EPISODE 6

Consider going back to Episode 6 (practice start at **4:25** and meditation at **8:22**)

How did the physical practice of moving intense emotions across your body feel? Was there more of a release in the shoulders crossing or along the hips / legs?

What is the challenge / emotion you're bringing in?

What do you feel? Where do you feel it in your body?

What was it like to "let it in", what did it have to tell you? What lessons or info did you gain?

Can you forgive yourself if you're not ready to learn all the lessons just yet?

Consider also listening to the audio meditation with more time to feel into these questions .