

Week 9 Journaling Guide: Clear Yes Meditation & Self-Care
What is part of Nature did you go to for receiving nourishment in the "Clear Yes" meditation in class?
2. What is the quality (qualities) are you saying Yes to?
3. How does it feel to fully receive this quality through your body? What changes do you notice after taking it in through your whole body?
4. What self-care practice are you gifting yourself during this Integration Week?