

- What was the outcome?
- What did you learn about yourself?

4. Tuning into Intuitive Wisdom

Sit comfortably and close your eyes. Ask yourself a question that you've been pondering. Then place your hand on your heart and notice what arises.

- What emotion surfaces?
- What message or insight do you receive from this place of feeling?

Closing Reflection

How can you honor your emotions more in daily life? What practices help you stay connected to your emotional truth?

