

Deepening Practices Session 2 - Respect For the Body

Thank you for tuning in to Session Two, so much information was woven together!
You may like to go back and listen to the recording again.

A reminder that the last half hour of the recording is a focused meditation for this session and a way to integrate the material more fully.

- 1) Pay attention, and notice what opened up and is surfacing for you this week around the topic of the Respect the Body.
- 2) Notice your language, about yourself, about your body, and how you feel about yourself as a Sacred Vessel.
- 3) How do you take care of yourself? Do you get plenty of rest, water, nourishing foods, are you nourishing yourself?
- 4) Are you balanced, centered, aware that you are a Divine Connection between Heaven and Earth?
- 5) Take some time to sit in meditation and listen, journal, tune in to your body and ask what messages it has for you.
- 6) Contemplate the idea that you are the Earth, and what is your relationship to the Earth, is there respect, love...?
What is your relationship with yourself...? Trust, love, respect ? Just notice what comes up for you.

Allow yourself to notice, and if you don't like what you see, begin to make changes that will help you
to come into alignment fully with respect for the Body, respect for the Earth.

Small changes, steady progress, dedication to your own path can bring about amazing shifts in your life!

Celebrate that you chose to be here in this moment and that you have the power to do this!

Have a blessed week, and I will see you next session!

Peace

Mari