



# LESSON 8

## SEGMENT 1: AWAKENING THE TRUE SELF

**QUESTION #1:** Give your body permission to navigate your day. What time does it want to wake up? What would your body like to eat (not your mind or emotions)? What do you want to wear based on how the fabric feels?

**QUESTION #2:** Stand in the middle of your living room and let your body sway in whichever direction it wants to go in your home. Follow it where it wants to go and see what it wants to do there. Then do it and see how the experience feels.

**QUESTION #3:** How does your body feel in the presence of your partner? Your kids? Your friends? Your co-workers? How does your body feel sitting alone?