

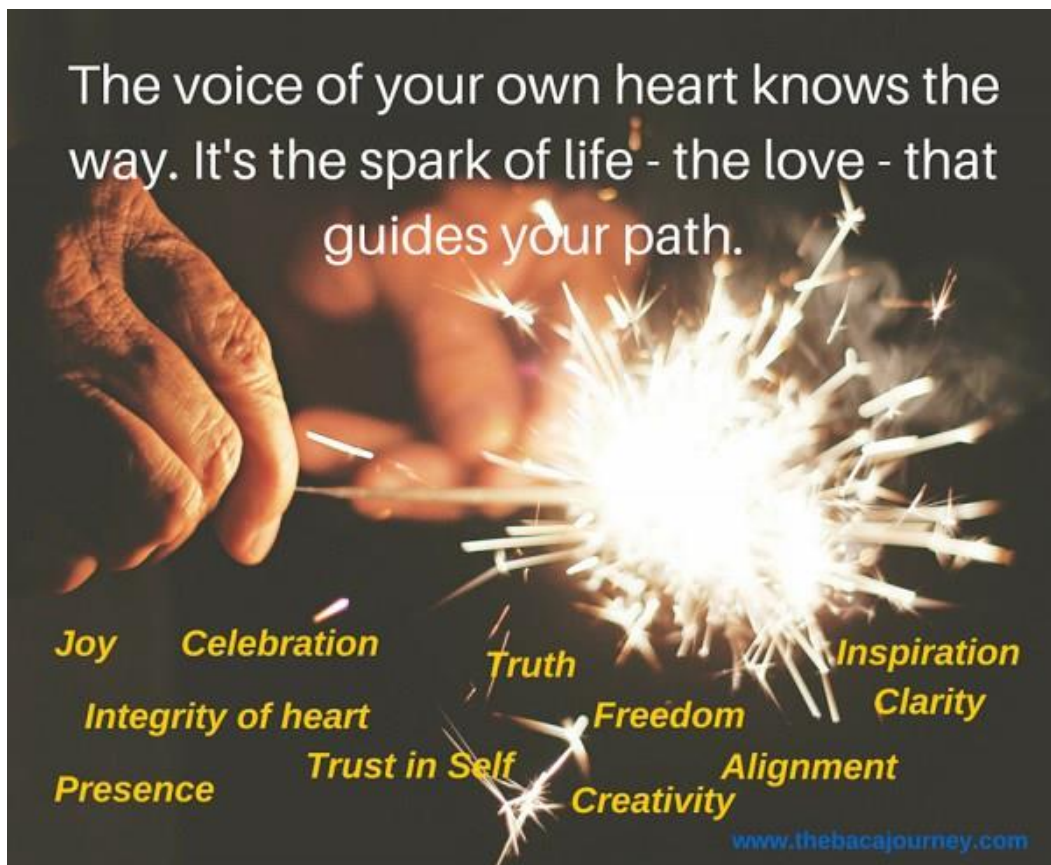


The Compass Within

Module 3 - Silence: The Power of Dynamic Inner Quiet Reflection Sheet

What is standing in the way of your heart?

The voice of your own heart knows the way. It's the spark of life--the love--that guides your path.

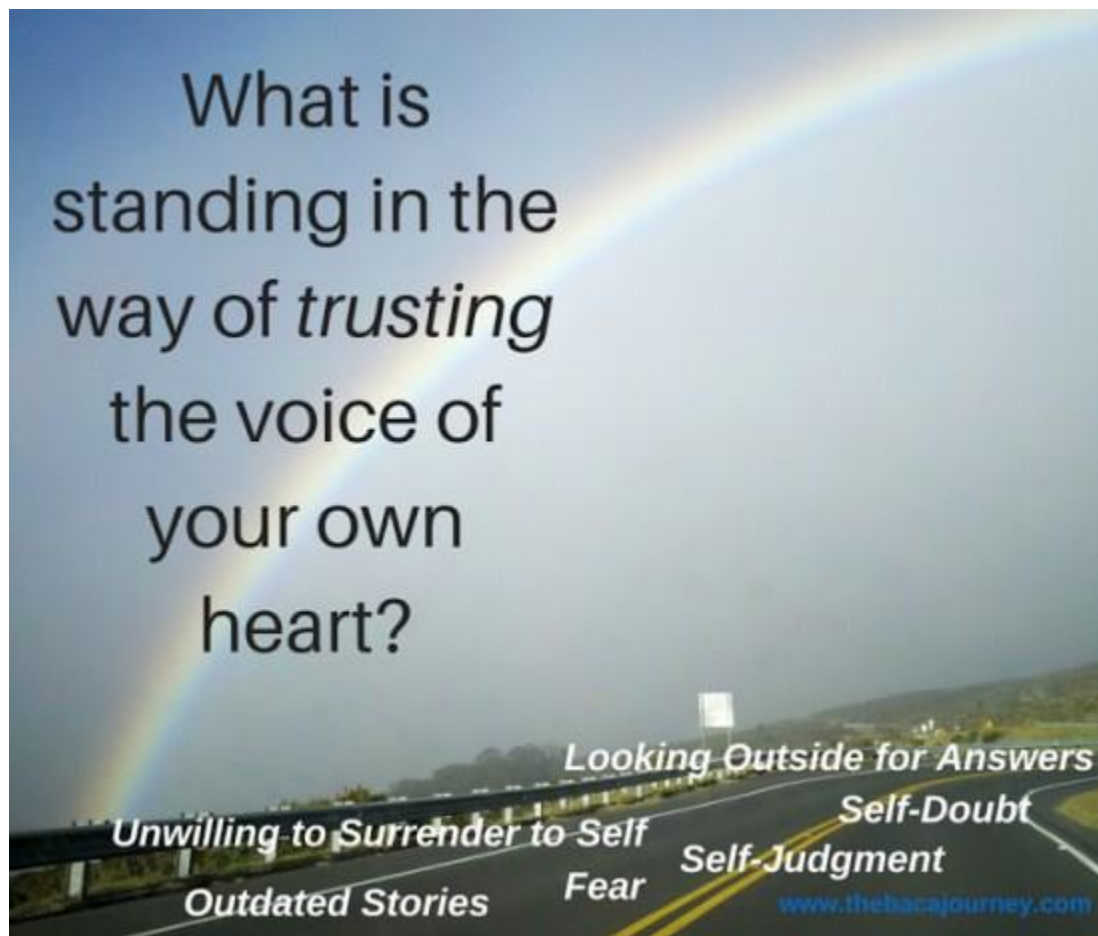


For reflection:

What is standing in the way of hearing the voice of your own heart?



What is standing in the way of trusting your own heart?



Are you ready to get out of your way?

To receive inspiration, abundance, goodness wisdom, creativity?

Start with receiving your breath. It will take you home...to yourself.

What does peace feel like in your body? Notice the sensations. What are you experiencing when you say that you feel peaceful?

How could you remember this feeling and create it more consistently in your daily life?

Celebration begins inside of you with the simple act of taking a conscious breath. The breath keeps you alive. Could you feel grateful for the chemical, energetic miracle that takes place with every inspiration?

The process of breathing is a wonderful metaphor for how you live life. Do you tend to hold your breath when you are scared or tense, not allowing the flow of possibilities to be received and expressed? Or do you have a feeling of reverence for the breath that gives you life?