

DISCOVERING
YOUR
SACRED LOVERS
WITHIN

DEVELOPING AWARENESS OF THE BODY

Is your body hungry?

What kind of food does your body need right now?

Is your body thirsty?

What kind of drink does your body need right now?

Is your body tired?

Is your body in discomfort?

What parts of your body feel open and relaxed?

What parts of your body feel contracted and rigid?

Is your body cold?

Is your body hot?

Are there parts of your body that feel prickly?

Are there parts of your body that feel numb?

Are there parts of your body that feel flowing and vital?

Are there parts of your body that feel agitated?

Are there parts of your body that feel calm?