



For this sacred work, where we connect with our Essence, it is important to start where we are at.

We tend to look outside ourselves, but everything starts with and within us.

These exercises of week ONE help us to connect with ourselves and our environment.

They help us to slow down and ground ourselves in this moment in time and space.

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Be Budding

BE BUDDING
WEEK ONE

Exercise 3: Observing Yourself

Complete each of the following sentences until you have written approximately 9 lines.

Right now I feel....

I feel happy about....

I feel not so happy about....

Right now I would like....