

Week 2: Falling In Love With Our Humanity = Reality - Activity PDF

In this PDF, we will be exploring some very important questions that lead to understanding and LOVING our very human qualities.

These are deep questions, take your time with them and use as much paper as you need. I have added some blank pages at the end of this PDF for you.

Also, I would love to support you and encourage you to share your thoughts in the comments section so we can take this ever deeper.

Relax. Be curious. And approach yourself with a wide, open heart.

Questions:

Describe your connection with your pelvis on a physical level? on an emotional level? on a conscious-awareness level?

Questions Cont'd:

How do you feel when you think about your sexuality being intimately linked with your emotional/psychological self?

What have you noticed about yourself when you feel out of sorts? Are you more connected with your sensuality or less? Do you use sex to relieve tension or do you shut down? Get clear and specific with the patterns you have in place to escape facing your feelings/life experiences.

Questions Cont'd:

When life throws you a curve ball, how do you react? What do you make up about yourself?

About others?

About life?

Questions Cont'd:

What 'emotional road bumps' do you create for yourself? What I mean by this is, when you are feeling really amazing and delicious, is there something that typically happens to bring you down? If you are aware of this pattern, please describe thoroughly.

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What signal will you give yourself to remind yourself that you are intentionally dampening your joy/pleasure? If you forget, how will you nurture yourself and bring yourself back to feeling centered and clear?

Which emotions scare or set you off balance the most?

Are you willing to love every part of yourself back into wholeness?

What will that look like?

If there are parts of you that you cannot yet love thoroughly, are you willing to create the space of invitation within your own heart for those parts? (Imagine inviting them over for tea and discovering that as 'ugly as they might be' there is a hidden wisdom they carry within them—get curious and see if you can start to uncover the deep insights that live within you).

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