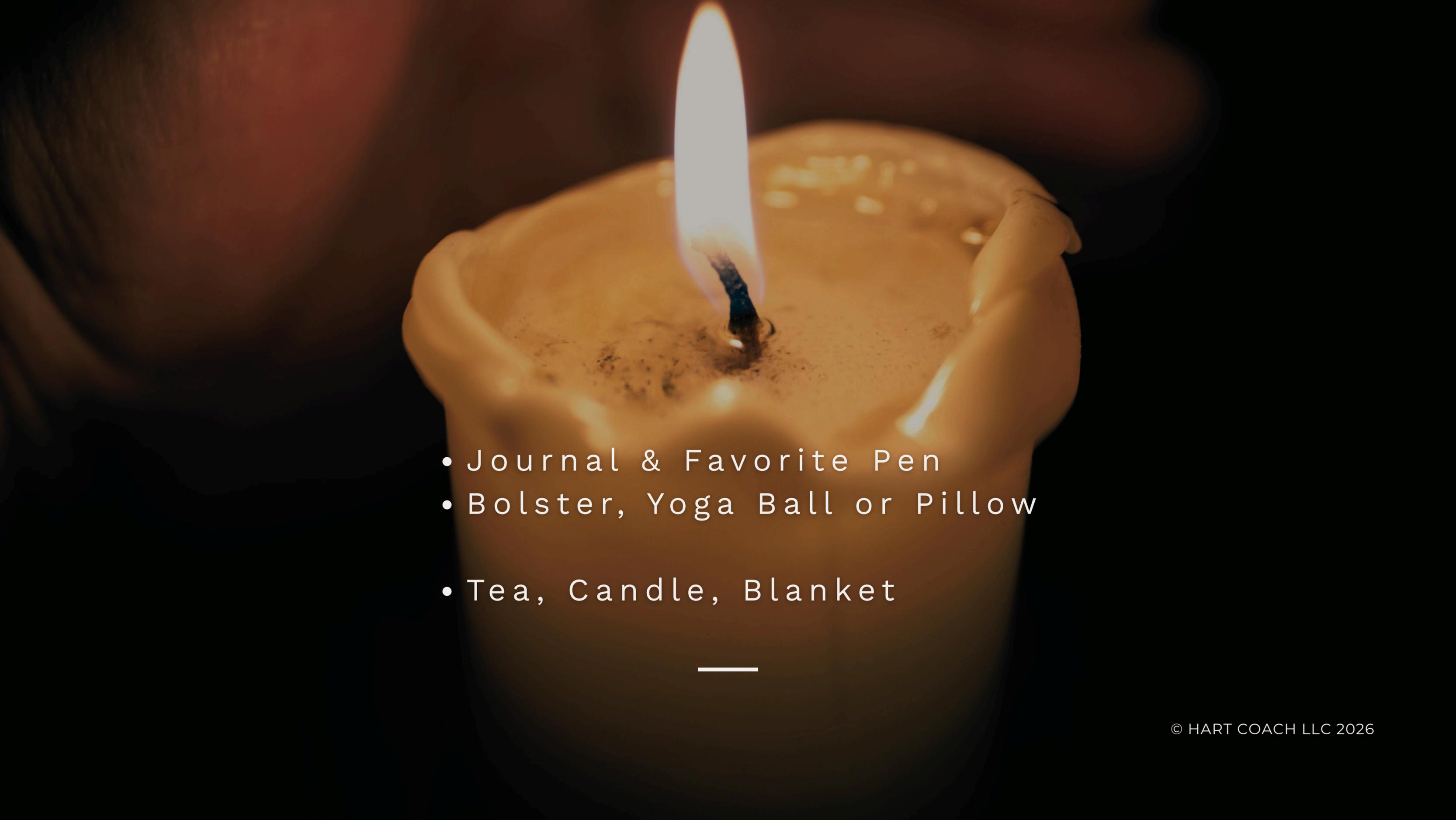




REPLENISH

- 
- A close-up photograph of a lit candle in a dark setting. The candle is white and has a bright, yellow flame. The wax is slightly melted around the wick. The background is dark and out of focus.
- Journal & Favorite Pen
 - Bolster, Yoga Ball or Pillow
 - Tea, Candle, Blanket



Hot	Calm	Dull	Serene	Aching	Soft
Cold	Energized	Thick	Radiant	Agony	Fond
Itchy	Smooth	Blocked	Electrified	Anguished	Loving
Tickle	Streaming	Contracted	Euphoric	Devastated	Tender
Hunger	Warm	Heavy	Overjoyed	Grief	Slow
Thirst	Cool	Suffocated	Peaceful	Heartbroken	Grateful
Fatigue	Relaxed			Hurting	Antsy
Numb	Open	SOMA DROP IN		Lonely	Inspired
Tender	Light			Miserable	Foggy
Sensitive	Spacious			Regretful	Agitated
Bruised	Airy	Absorbed	Beat	Edgy	Hopeful
Achy	Expansive	Curious	Burnt out	Frazzled	Happy
Sore	Wobbly	Engrossed	Depleted	Frustrated	Prickly
Tense	Bubbly	Wnchanted	exhausted	Jittery	Sharp
Tight	Dizzy	Enthralled	Listless	Nervous	
Nauseous	Spacey	Entranced	Stuck	Overwhelmed	



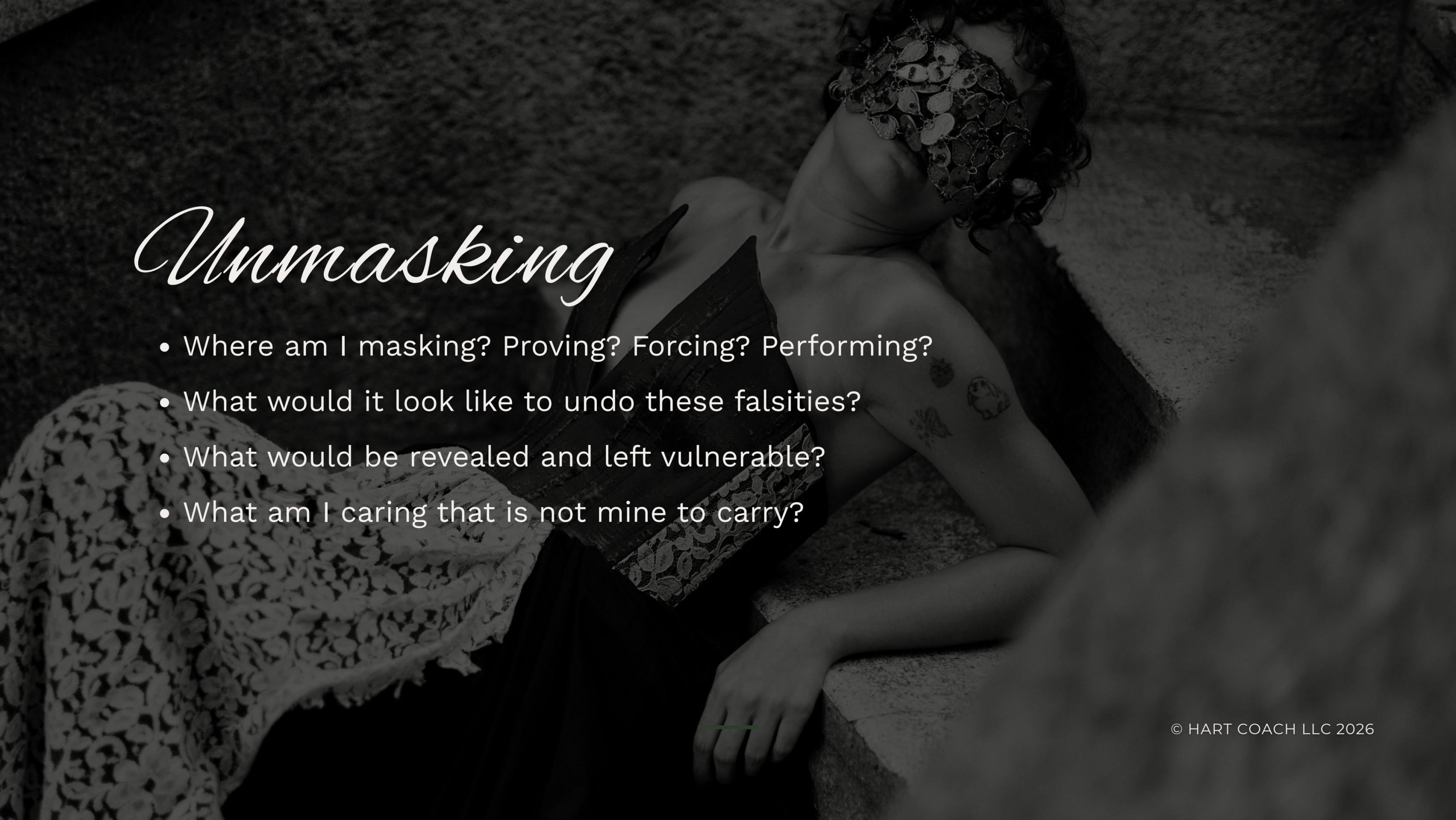
Converse with your body

- What does this part need? To feel seen? Loved? Safe? Heard? Witnessed? Beheld?
- What would nourish this part?
- What would replenish? Rejuvenate?
- What deep wisdom does this part have for you?
- Where does my body feel most tired? What does it want me to stop doing?
- What else needs to be listened to?



The background of the image is a close-up, high-angle shot of footprints in sand. The footprints are arranged in a path that leads from the bottom left towards the top right. The sand is a light, warm brown color, and the footprints are a slightly darker shade, showing the texture of the sand and the shape of the feet. The lighting is soft, creating gentle shadows within the footprints.

Inner-Grounding Practices

A woman is sitting on a stone ledge, wearing a mask made of leaves and holding a book. She has tattoos on her arm. The background is a textured wall.

Unmasking

- Where am I masking? Proving? Forcing? Performing?
- What would it look like to undo these falsities?
- What would be revealed and left vulnerable?
- What am I caring that is not mine to carry?



SLOW FEMININE LIVING

- Knitting, sewing, crafting
- Painting, drawing
- Photography
- Cooking & baking from scratch
- Candle-making
- Flower-arranging
- Playing music
- Dancing
- Walking in nature
- Writing
- Gardening
- Reading a book
- Listening to (classical) music
- Puzzles, crosswords
- Yin yoga, tai chi
- Sauna, steam, massage



Closing
