

IGNITE & EMBODY

your inner healer



MODULE SIX



In the presence
of an
empathetic
witness,
trauma begins
to heal.

ROUTINES & Goals

How do you begin and end your day? What goals do you have for yourself? Most importantly, how do you want to feel? Set yourself up for success here.

MY DAILY ROUTINE

-
-
-
-

4 WAYS I WILL INCORPORATE CONNECTION

- With myself:
- With loved ones:
- With community:
- With nature/universe/God/Spirit:

GOALS + IDEAS FOR TODAY

- Food:
- Work / Household:
- Physical exercise / Movement:
- Other:

A Daily Journal

SOMATIC

Self-care

What do you do for the first thing after you open your eyes in the morning? Put down your phone, love and use these sheets to check in with yourself - body, mind, gratitude, and intentions.

GRATITUDE

INTENTION OR DEDICATION

WHAT I NOTICE IN MY BODY RIGHT NOW

IMAGES, EMOTIONS, IDEAS, OR IMPULSES PRESENT NOW

I AM MAKING ROOM FOR:

Yogic Philosophy

JOURNAL &

Reflect

This week we're discussing **non-attachment and letting go of what no longer serves us**. This is tied to the yogic philosophy of *Aparigraha*. Use the following pages to explore what these themes mean to you and how they show up in your life.

Where do I notice resistance to letting go?

What pieces of my story have become entangled in my perceived identity? What happens when I let those pieces go too?

I will ask the following people for support as I continue my path towards healing & my higher purpose.

Who am I? How do I want to show up?

What is my dharma / higher purpose & how can I clear the path?

WHAT IS THIS *feeling?*

Putting a name to what we're feeling can be tricky, especially if it's unfamiliar or uncomfortable. When we pause to examine these expressions in our body, we come to an opportunity to fully embody - and resolve them.

Use these word banks as a starting point for the following pages, and maybe come up with your own as you go.

Sensations

achey	contracted	itchy	teary
airy	constricted	light	tender
blocked	disconnected	nauseous	thick
breathless	dizzy	nervey	throbbing
bruised	dull	numb	ticklish
bubbly	electric	open	tight
burning	expansive	pounding	tingling
buzzy	floating	prickly	trembling
calm	frozen	radiating	twisted
clenched	full	realxed	twitchy
closed	heavy	shakey	warm
cold	hollow	sore	weighted
congested	hot	stuck	zingy

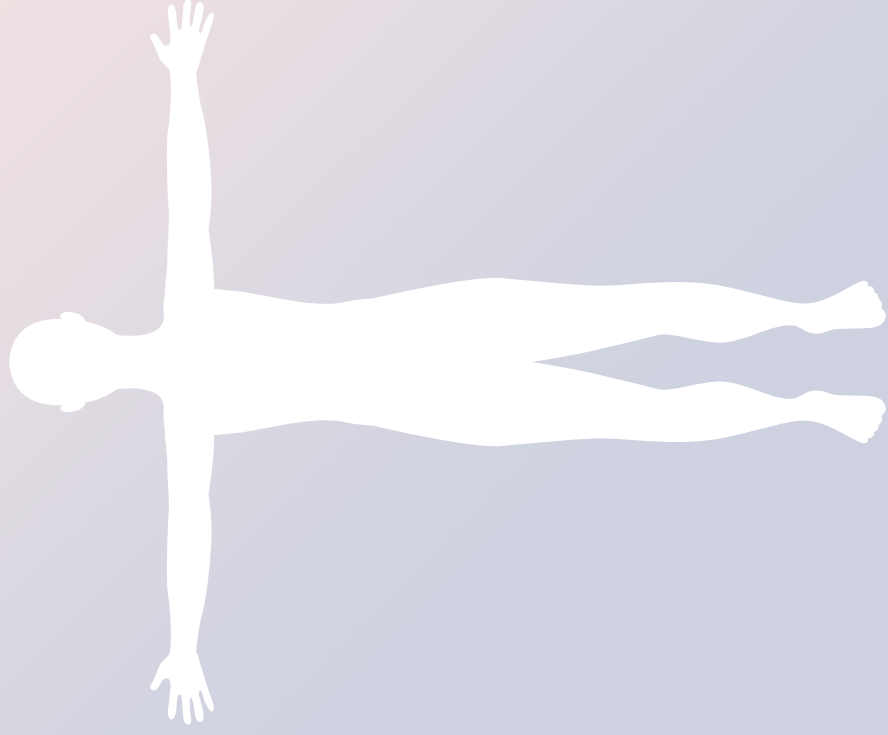
Emotions & Experiences

admiration	disgust	happy	pleased
amused	depressed	hatred	pity
anger	desire	joy	sadness
annoyed	envy	love	satisfied
anxiety	excited	lonely	shame
apathy	frustrated	nervous	shy
awe	grateful	nostalgia	tired

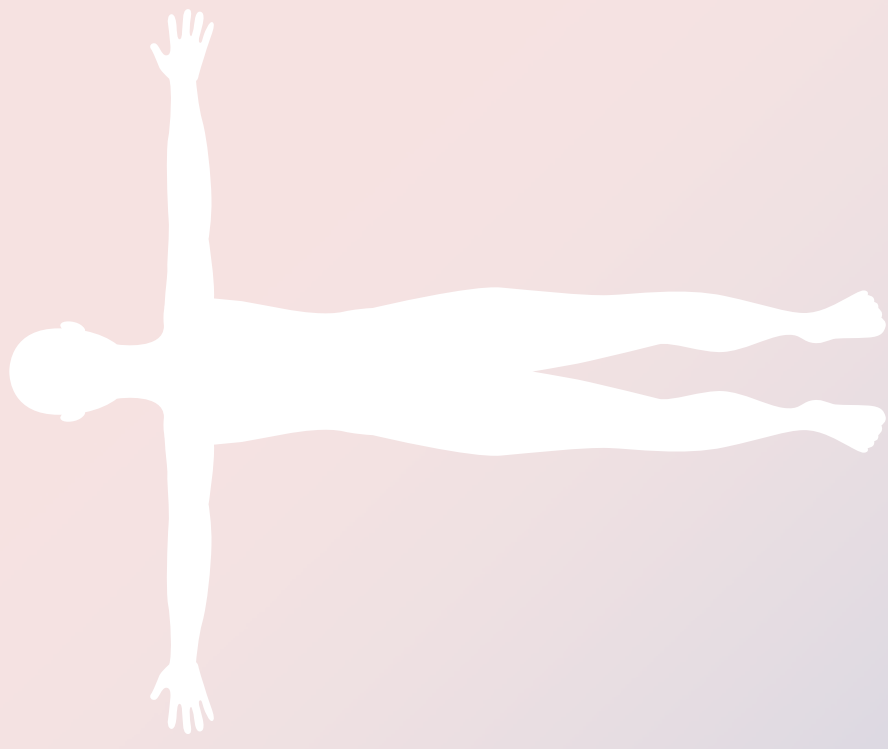
MAPPING *the body*

I invite you to use this page to explore what you notice in your body - using sensations, words, colors, images, stories, etc... You may wish to print this or import to a processor that lets you free-style with color and script.

FRONT



BACK



TRACKING

my body

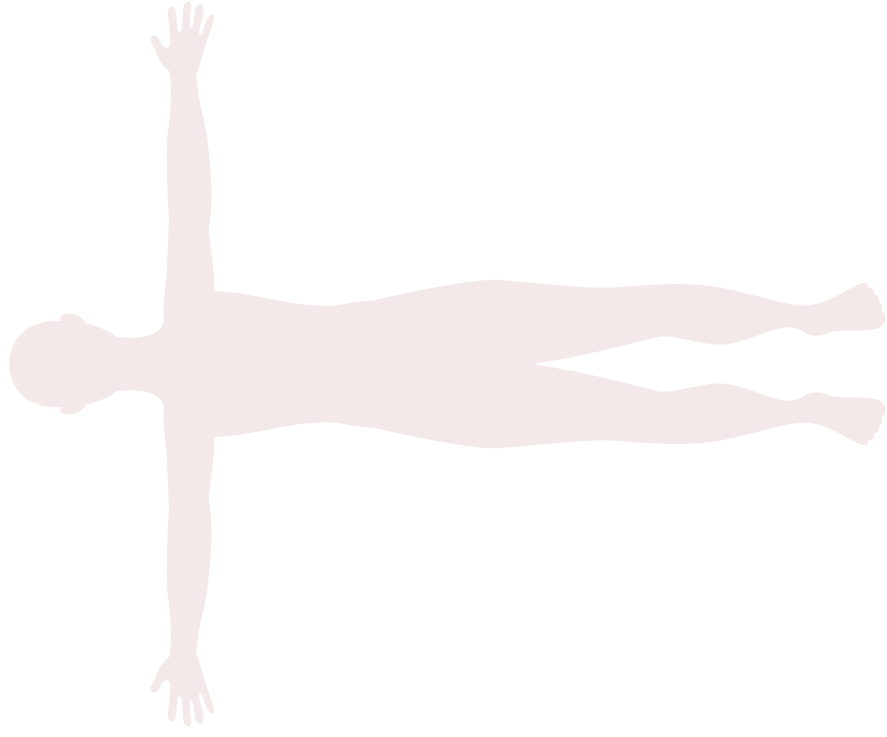
Allow this tracker to support your curiosity. Follow along each day with what's present for you, or with the specific body part/area that we're working on in session each week.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
What I noticed in my body (or specific area of interest)							
Emotions I felt today...							
What triggered me today							
What was helpful							

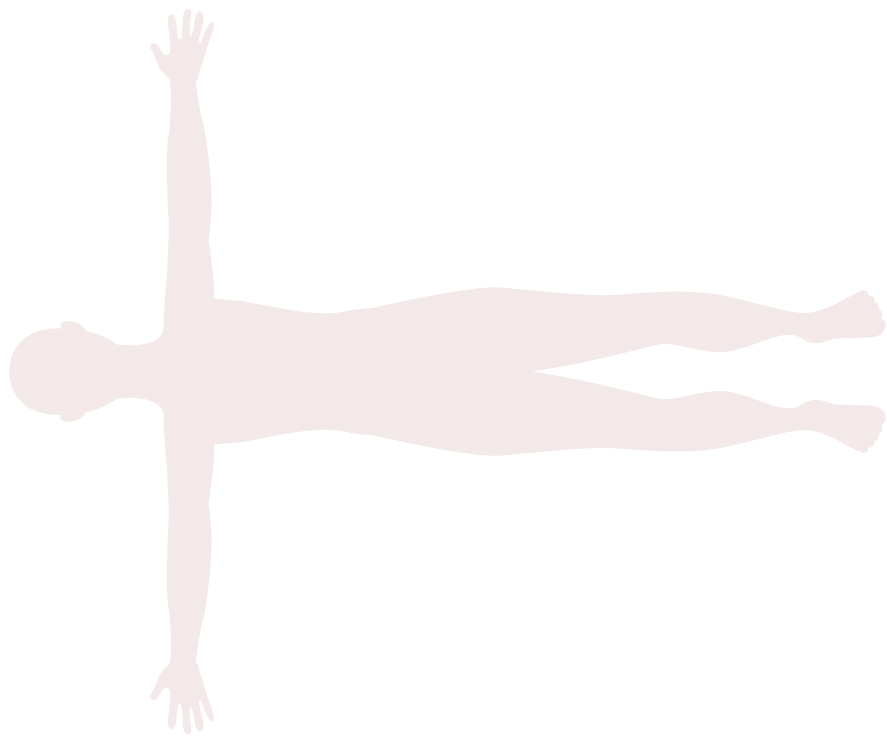
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