QUESTIONS FOR YOUR NOURISHMENT

What’s your relationship to what nourishes you? This series of questions is here to help you relate more intentionally with the healing areas of your life. I recommend listening to the podcast session because I walk you right through. You can do it in one go, or one section at a time. Revisit as often as you like.

YOUR BODY
- Beyond fitness and building physical strength, how can you move to experience your body as a conductor of Love? Could be dance, yoga, an ocean swim, nursing, jumping jacks, handholding, healing touch...
- What would your Love letter to your body say?

YOUR BREATH
- What’s your relationship to breathing? Are you casually dating breathwork or deeply committed?
- If you were to write a Thank You letter to your respiratory system, what would you say?

YOUR STILLNESS
- Describe your relationship to stillness. When does it feel easy? When does it feel difficult?
- Practically (because practicality is calming), what would it look like to build a Stillness Sandwich into your day-to-day? Start with intentionally sacred stillness and end with intentionally sacred stillness.

YOUR SLEEP
- What was your relationship to sleep like when you were a child?
- What’s your relationship to sleep now?

YOUR MEDITATION
- What do you want from a meditation practice? Which teachers do you resonate with?
- Do you want more emphasis on breathwork or visualization? Do you want to be in motion? Are you wanting to chant? Do you want to be guided?
- Do you want your practice to be an overt form of seva (selfless service)?
- Do you want to calm your nervous system or heal relationships?
- Are you looking to clear your mind or land into your heart?
- Do you want to get into alignment with your Soul?
- Are you seeking comfort? Guidance? Is there a way to express your gratitude and reverence to Creation?
QUESTIONS FOR YOUR NOURISHMENT (cont’d)

YOUR PRAYERS
- What’s your relationship to praying?
- Do you want to shift your relationship to prayer in any way?

YOUR SILENCE
- What’s your relationship to silence? Do you seek it? Avoid it?
- When was the last time you intentionally chose time for silence?
- Does the thought of three days in a cabin without music or TV make you anxious or longing?
- What’s the quality of silence between you and other people?
- What does listening feel like?
- Can you support yourself to listen more? Or more Lovingly? And that includes listening to yourself. With kindness. Compassion. Gentle curiosity.

YOUR REST
- Octavia Raheem drops a big cue about fear of rest: “You will not be left behind if you pause. You will gain more insight about your journey. This may cause you to change course. Perhaps that is what some fear in the pause? That they will finally realize another way is calling them.” Is there anything that you fear “in the pause?”
- My friend Tracee Stanley has a question for us: “If part of your legacy were to change the relationship to rest and self-care for your family lineage how would you begin?”

YOU + NATURE
- What’s your relationship to Nature?
- How has your relationship to Mother Earth changed over time?