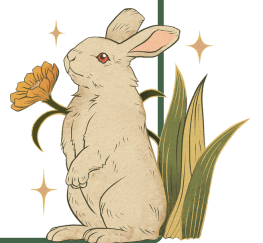


Self-Assessment

What form of meditation feels right for you? When can you incorporate a regular meditation practice into your life?



How does your visualization manifest? Is it visual? Are you more comfortable with using scent, touch or hearing as your visualization sense?



Self-Assessment

What comes to mind when you think of mindfulness? Would it be easy or difficult for you to incorporate mindfulness into your day to day life?



What are some rituals or ceremonies that can bring more magic into your life?

