

METAMORPHOSIS



THE BODY AND MANIFESTATION: WORKSHEET

OUR NERVOUS SYSTEM IS A POWERFUL ALLY IN OUR MANIFESTING PRACTICE. IN FACT, A LOT OF THE WORK TAKES PLACE IN YOUR BODY (NOT JUST YOUR MIND). KNOWING HOW YOUR BODY FEELS IN DIFFERENT STATES IS A HELPFUL WAY TO FINE TUNE YOUR AWARENESS OF WHAT FEELS EXPANSIVE AND CONSTRICTED, WHICH ALLOWS YOU TO WORK WITH THE WISDOM OF YOUR BODY AS YOU MAKE DECISIONS ABOUT YOUR CREATIVE PRACTICE.

THESE QUESTIONS ARE MEANT TO HELP YOU THINK ABOUT HOW YOUR BODY IS FEELING RIGHT NOW: EITHER IN THIS MOMENT OR RECENTLY. IT CAN BE HELPFUL TO FIND A QUIET PLACE AND TURN YOUR ATTENTION INWARD, SIMPLY TO NOTICE WITHOUT JUDGMENT WHAT COMES UP.

WHAT DOES CALM AND GROUNDING FEEL LIKE IN MY BODY? WHERE DO I NOTICE SENSATIONS?
WHAT SENSATIONS DO I NOTICE?

WHAT DO I FEEL LIKE WHEN I FEEL RESTED AND FULLY RESOURCED? WHERE DO I FEEL THAT
IN MY BODY?

WHAT DOES EXPANSION FEEL LIKE IN MY BODY? HOW DOES IT FEEL, AND WHERE DO I FEEL IT?

WHAT DOES CONSTRICTION OR TIGHTNESS FEEL LIKE FOR ME? WHERE IN MY BODY DO I FEEL
CONSTRICTION WHEN I THINK ABOUT MY CREATIVE WORK? DO I FEEL SAFE TO ENCOURAGE
THAT PLACE TO RELEASE AND RELAX, EVEN JUST BY 1%?

WHEN I'M EXCITED ABOUT AN IDEA OR PROJECT, WHERE DOES THAT EXCITEMENT LIVE IN MY
BODY? HOW DOES IT FEEL TO LET THAT SENSATION EXPAND?

WHERE DO I FEEL GRATITUDE IN MY BODY? WHAT DOES GRATITUDE FEEL LIKE?

IS THERE ANYTHING ELSE MY BODY IS WANTING TO TELL ME RIGHT NOW?

