

WALKING FORWARD

This is a process, a way of being, not a rescue mission or greener grass. It's motivated by authenticity, not accomplishments. Be present and awake. There is a natural rhythm. Do you need to reconnect with it? Go inside and feel this rhythm that is unique to you. When you are walking in ease, following your heart, the fire, the path—what does that **FEEL** like? How does it look? Where are you going?

DIRECTIONS: *Take a deep breath. Drop into the place within you that already knows...everything. The future. The past. Your desires. Your destiny. Begin where you are. Then move forward. The circles represent where you know INTUITIVELY you need to step, what you may need to navigate the rough patches, and connects you with your inner resources so that you may walk towards your fulfillment.*

