

Module 1 Actions

Meditation

1. Listen to the accompanying meditation at least once before moving on to the next exercise. Ideally you will listen to it 2-3 times before moving on to the next module; allow yourself to listen to the meditation as many times as you like or want to, so long as it's at least twice.

Creating your Bubble of Safety

2. Choose a space where you are most comfortable, which you also have ready access to. Maybe it's in your car; maybe it's in your bedroom. Wherever it is, go to that spot and imagine or visualize you are drawing a circle around that spot. Make sure that the circle is big enough for you to walk into. If you want, you may see this as an actual bubble, like what a child would blow with a wand.
3. Next, I want you to take all those feelings you wrote down about how you felt when you trusted your instincts, and imagine or visualize them inside that bubble. You're going to put them inside that circle of safety in a way that makes sense to you. Maybe you see them on little cue cards, and you slot them into the bubble; or perhaps you simply see them there, floating inside. Whatever method makes sense to you, put those words and feelings into your bubble.
4. Write about this experience. How did you create your bubble? How did you get your words inside? Once these steps were complete, how did you feel?

Using your Bubble of Safety

5. Now, I'd like you now to enter your bubble and sit down. Breathe deeply, in and out, and allow yourself to become aware of how you are feeling. Spend some time getting acquainted with your bubble, and how you feel when you're in it.
6. Document any observations you make - does the space feel different? Did you have an emotional response to entering the space? A physical one? Share your experience with me.
7. When you feel comfortable in your bubble, begin to take some simple decisions into the bubble. An example might be, "Should I have my parents over for dinner?" Or, "Should I go to the party?" The reason you start by bringing small questions into the bubble is to establish trust with your decision-making capacity in following your intuition.
8. Write about the decisions you went to your bubble with, and what the experience of making conscious choices in that space was like for you.
9. Once you've built up some trust in your decisions, you can begin to go in with bigger questions. By starting small, and having your decisions confirmed and validated you are able to slowly open yourself to bigger decisions. This is because you feel like your decision committee is with you in your bubble - which is a great feeling, isn't it?

Submit your writing - writing prompts outlined above, as well as the complete worksheet to mmichellesb@gmail.com for evaluation.

*Note: your writing is required for your certification process



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