

Module 3 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.

HOMEWORK:

1. Complete & submit worksheet
2. Listen to the meditation often, allow yourself to open to becoming aware of the Guides you are working with; be patient
3. Write about the experience. Submit your writing to mmichellesb@gmail.com for evaluation

*Note: your writing is required for your certification process



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