



DANCING INTO NEW WAYS

Moving our bodies shakes off the old and creates space for what's next.

What am I doing here on Earth in this lifetime?

Am I ready to face my fears and fixations in order to grow? Can I heal history?

What exists in my family that requires my immediate attention?

What supports me as I begin again?

How do I need to protect myself?

Are my existing wounds keeping me from powerful movement and expression?

What can I do that metabolizes the stress I'm carrying in my body?

How can I trust my own movement? What if I've failed in the past?

When I look at my family line, what landmarks do I see? How do the threads running through that tale affect me today?

What do I fear more than anything else?

When I attempt to shift my reality, what comes up to stop me?

What's binding me down?

What does my intuition want to make sure I know?

What signs have been showing up, urging me to pay attention?

What's one small step I can take towards freedom and sovereignty?