

Claim your Crown Bootcamp!

Call #4: Love and Forgiveness

***To forgive is to set a prisoner free and discover
that the prisoner was you.”
Lewis B. Smedes***



I. PRANAYAMA -CHAKRA 4: _____

Element:

Color:

II. The Sphere of LOVE



III. Tips from Marcy Neumann

*****BONUS Tools in Online Classroom:
<http://www.URintuitive.com/cycweek4.html>

YOUR WEEK 4 ACTION STEPS:

1. MIND: LOVE PHONE CALL

This week, at least ONCE, make a phone call to a friend, family member, etc who you haven't connected with in a long time. The first person that comes into your awareness is the one you may want to call! Tell them how much you love and appreciate them. Be genuine and remember to LISTEN without needing to change, rescue or fix them. Simply listen and appreciate. After your phone call, write down how you felt!

2. BODY: GRATITUDE DANCE!

Listen to the Bonus Track, "Gratitude" while swaying/dancing to the song with your eyes closed in a sacred space. (Approximately 5 minutes daily). After the song ends, how do you feel? What moved in your body from the beginning of the track? Write down your observations and notice how you shifted from the beginning of the week to the end of the week!

3. SPIRIT: 2 parts!

Listen to the Bonus Meditation Track, "IXCHEL/Forgiveness" and write down any insights that came up for you.

Then, if you feel comfortable, share them with your Buddy or as an alternative, share with your buddy a time when someone forgave you (or you forgave someone) and how things shifted for you!

Have a GREAT week!

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