

# Feeling Whole

1. Ground yourself with a few breaths. Spend a few moments noticing light and shadow.
2. Set an intention for what you want to explore today.
3. Recall your day and list 3-5 feelings you had in the day.
4. Use your intuition to find the "otherside" to each feeling. Find the light for the shadow etc.
5. Choose one feeling to work with.
6. Draw a circle, give your "shadow side" a colour on the outside and your "light" a colour on the inside of the circle.
- 7 Collect 5 or 6 images, words, colours etc from collage material. Add a few that fit and enhance the expression.
- 8 As a close write 1 line of poetic voice that speaks to this.