

Water Element – Our Emotions

Recap:

- ◆ Water affords us the deepest connections, the strongest bonds, the creative inspiration
- ◆ Water is here to learn about power expressing in the one to one arena
- ◆ Water is our emotional element, the richest resource we have on Earth
- ◆ Water is an intuitive processor, feelings don't easily fit logic
- ◆ Water's emotions travel in waves
- ◆ Water requires relationship in order to grow

Worksheet:

Is your focus in this question on you or on getting it right:

- a. On Me b. On someone else's reaction to this

What percentage of your emotion is your history?

- a. 10% b. 75% c. 25% d. 90%

Water is what School

- a. Self Empowerment b. One to One c. One to Many d. One to Divine

Water processes information, situation using:

- a. Intuition b. Logic

When Water retreats it is a sign of weakness

- a. True b. False

Brain Retraining Homework – The Tip Test

First stand in Yoga Pose – straight spine, tailbone tucked under, jaw level with the floor, feet straight down from your hips.

Close your eyes and ask yourself a simple yes no question.

Notice whether you feel the weight shift forward or back. It could be as simple as your attention noticing the front of your body or the back of your body.

The front is take the next step. The back is not yet, not now or no action required.

Spend TIME on you and your choices by dropping in to your body to pause before acting.

Your conversation with you and listening to your body is how to make what you are feeling a priority and strengthen your understanding of how you work best!