

FOUNDATIONS

DAY TWENTY SIX ASSIGNMENT

Follow the steps below in sequence. Complete each step before reading the next.

Find a comfortable space where you could be alone with your thoughts.

Name two benefits of parabolic hearing.

Name two benefits of X-ray vision.

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Take a few deep breaths, allowing your body and mind to relax. Now close your eyes and bring your attention to your emotional landscape. Notice any emotions arising within you. Do not judge or resist them simply observe their presence. Allow yourself to fully feel and experienced each emotion that arises.

Now, imagine that your emotions are like colorful threads interwoven within the fabric of your being. See them as vibrant expressions of your soul, each carrying, a unique, energetic signature. Recognize that your emotional sensitivity allows you to tap in to the subtle nuances communicated from your inner being.

Recall a time when your emotional sensitivity has allowed you to empathize deeply with someone else. Describe this.

How did your ability to understand and even feel their emotions support their healing and growth?

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Do you recognize that your sensitivity has provided you with a profound connection to those around you?

List two other benefits of emotional sensitivity.

Notes:
