

## **WEEK 1**

### **Grounding and Safety**

Arriving in the body and establishing steadiness

Suggested time: ~40 minutes

### **Reflection**

Where in my body do I feel the most supported right now?

What in my life feels stable, even if I usually overlook it?

What helps me feel more present when my mind starts to wander?

### **Sound Experience**

Find a comfortable position where your body can soften.

You may sit or lie down.

Allow yourself to listen without effort.

### **Notes (optional):**

### **Integration**

What helps me return to a sense of steadiness when I feel scattered?

*There's nothing you need to do with this. Let it settle naturally.*

