

WEEK 2

Emotional Awareness

Feeling without overprocessing

Suggested time: ~40 minutes

Reflection

What emotion has been most present for me recently?

If that emotion didn't need to change, what might it want me to notice?

What helps me stay with a feeling without needing to act on it?

Sound Experience

Find a position that feels supportive.

Let the sounds meet you where you are.

You don't need to focus or follow anything.

Notes (optional):

Integration

What helps me allow emotions to move without taking over?

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

