

WEEK 5

Truth and Authenticity

Listening to internal authority

Suggested time: ~40 minutes

Reflection

Where in my life am I holding back what feels true for me?

What am I afraid might happen if I stop explaining myself?

What would it feel like to let my truth be enough?

Sound Experience

Listen without shaping the experience.

Notice what happens when nothing is required of you.

Notes (optional):

Integration

What would change if I trusted my inner knowing a little more?

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

