

WEEK 6

Integration and Clarity

Bringing It all together

Suggested time: ~40 minutes

Reflection

What feels different in me now compared to when I began?

What does aligned look like in my daily life, in practice, not theory?

What feels ready to move forward from this place of clarity?

Sound Experience

Allow the sound to integrate everything you've explored.

There's no need to direct the experience.

Notes (optional):