



SESSION 3: EMBODY THE DREAM

MAP & BUILD YOUR EMOTIONAL BODY
APPLY YOUR DREAMS TO WAKING LIFE
PLAY WITH YOUR DREAMS

WORKING WITH SHADOWS/TRAUMA

**Seek & Anchor in Support*

**Your Body Was Built To Hold Your Heart*

**Find Auxiliary Practices*

**It's Not About What You're Making it About*

ACTION STEPS:

**Create a mantra from a dream and share in the FB group*

**Come up with three new intentions/questions you have for your dreams in the coming weeks*

**Share about your dream in the Facebook group*