

Seed Two

Soul Theme: Nourish the Seed of Soul

Intention: Cultivate the daily conditions that nourish what is emerging within you.

Reflect

After experiencing the guided meditation and Sound Journey, take some quiet time to reflect.

There are no right or wrong answers. Let your thoughts come naturally. You don't need to find an answer—simply notice what arises.

What in my daily life truly nourishes me?

What in my daily life leaves me feeling depleted or disconnected from myself?

What habits or routines might I want to look at more honestly?

What small ritual or daily practice would nourish my soul?

What is one small choice I can make to create better conditions for what is emerging within me?

NOURISH YOUR SEED

What I want to nourish this moon is:

A small way I will care for myself each day is:

One thing I will create more space for is:

Remember

You don't have to know what this seed will become.

You only need to create the conditions that allow it to grow.