SEED OF SOUL
A 13-moon Journey of Soul Care

Seed Four
Soul Theme: Loving the Hidden Self
Intention: Welcome and embrace the parts of yourself you've kept hidden.

✍️ 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 parts of myself have I kept hidden or tucked away?

When have I felt the need to quiet, minimize, or hold back parts of who I am?

What experiences or expectations may have influenced the way I express myself?

What parts of myself would I like to become more accepting of?

What might become possible if I welcomed more of myself into my everyday life?

💛 WELCOME YOUR HIDDEN SELF

A part of myself I want to reconnect with is:

One thing I want to give myself permission to express is:

One small way I will welcome this part of myself into my life is:

Remember
You don't have to show every part of yourself to everyone to stop hiding from yourself.
You can begin by welcoming every part of who you are, exactly as you are.