

Connecting to Your Inner Light

There have been countless moments where you felt peace, excitement, and belonging in a beautiful sunset, or looking out at the ocean watching the sunlight sparkle on her waters, or from taking a deep, full breath of cool air from the edge of a mountain top.

I believe that it's in those moments, awareness is drawn inward to where at your center you are that peace and excitement. The reason that those moments felt so special and pure is because you were connecting to the very essence of who you are.

Write about a time when you were out in nature and saw something that was beyond beautiful, at that moment you were filled with both peace and excitement. Truly create the experience.

Name Your Place/Experience: _____

I feel:

Words to Describe my Experience:

My experience in detail, using all 5 senses (vision, hearing, smell, taste, touch/texture):

