



Journaling Guide #3: Beauty & Sacred Sensuality as a Guiding Force

1. In your meditation in this weeks' class, where did you end up in Nature for your peak experience of beauty and joy?

2. What about this place strikes you as incredibly beautiful? (Describe 2 or 3 attributes that move you deeply.)

3. What areas of the body do you feel the joy and beauty? (Describe the sensations/feelings.)

4. What happens in your body when you ask yourself the question "I wonder, what would it feel like when I open to receive this beauty and joy even more?"