

Journaling Guide Week 12: Sensuality, Beauty & Bliss Meditation
1. What activity from your past or present brings you the most bliss and sense of connection with exquisite beauty?
2. Where does your attention go when you open your eyes from the sensuality/bliss meditation? What does your gaze come to rest on?
3. What about this object captivates your attention? What is most beautiful about this object in your environment? (Describe the qualities of what you see.)
4. Which senses bring you the aliveness and bliss in this experience? What do you enjoy the most about them in this heightened state?
5. What shifts or changes do you notice in your body with this experience? What does whole body awareness of beauty feel like to you?