



Harvesting, Integrating, and Sowing Seeds

What an amazing four years it's been! I'm so deeply grateful to everyone who's participated in, supported, and contributed to this experience. Your presence and love have been instrumental in making it what it is.

As this container draws to a close, I invite you to harvest the energy from all that we've done, integrate it, and plant the seeds for what you want to grow next in your garden.

We're going to start by harvesting the energy of gratitude. I'm sure you've heard about what a difference it makes to spend time each day focusing on what you're grateful for. And you *know* we're going to take it to the body, so let's go!

Feeling Gratitude

*Think of something or someone you're deeply grateful for. Really focus on how grateful you feel. Now, what do you notice in your body? What does gratitude **feel** like?*

What do you notice about your energy?

What are you grateful for? It can be related to this group, your business, your life... In the past week, month, year, 4 years...

Before moving on, take a breath and check in with yourself. What does your nervous system need? What would feel good to your body? Do you want to drink water? Shake? Dance? Nap? Take a break?

What are you proud of related to these challenges?

What helped you meet these challenges and thrive?

Who have you become in the past 4 years? It doesn't have to be directly related to what we've done together.

What do you know now that you didn't know 4 years ago?

I invite you to take a deep breath, and say an inner “Yes!” to all of this.

Sowing Seeds

Now it's time to name the seeds you want to plant. These are the experiences you want to have, the ways you want to stretch, the goals you want to meet.

Instead of coming at this from a brain-y, potentially should-y energy, we're going to come from embodied desire.

If you know in Human Desire where you make your decisions from, you can focus some attention there if you'd like.

Take a moment to move, stretch, shake, drink water – whatever feels good to you and your body.

Where in your body do you feel delight, possibility, desire? Put your attention there. Breathe into that space. If you'd like, you can imagine turning the volume up on these feelings and sensations. If it feels good, move your body and make sounds.

Now from here, what do you desire? What do you want to experience? Who do you want to be?

Write what you desire to do, be, have, and do it in present tense: “My house stays clean and organized. I have 10 clients who appreciate me, pay me \$x, and regularly refers others to me.”

Now breathe “What if it’s possible...” as many times as you’d like.