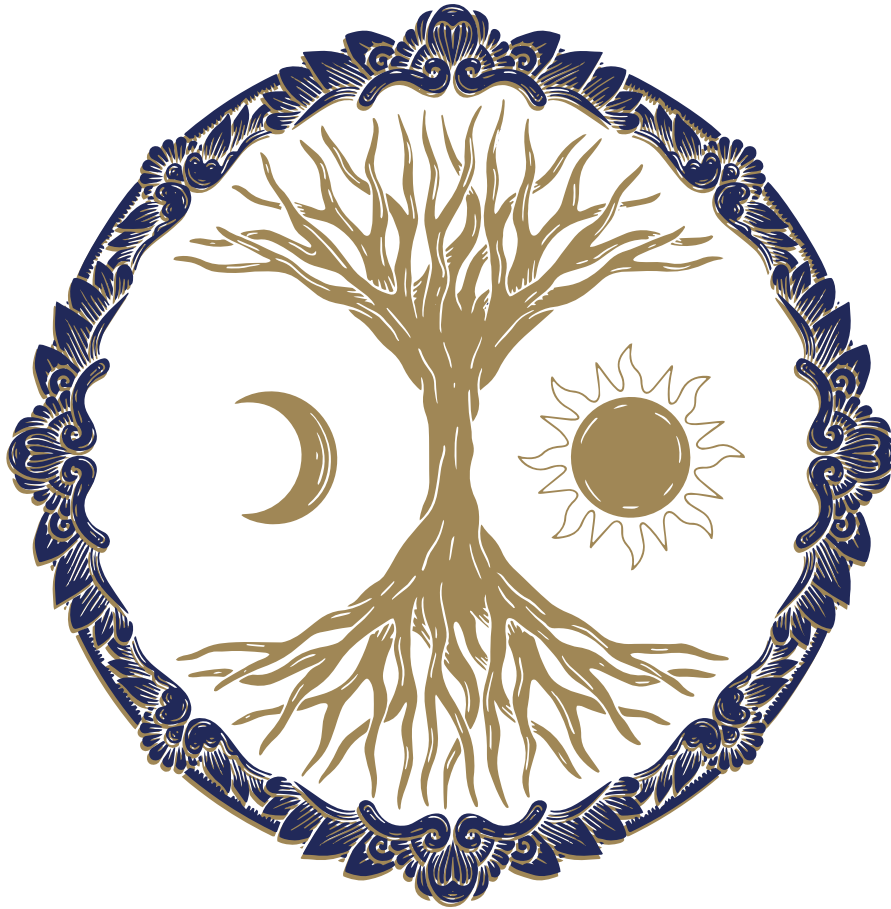


# Fall Equinox

MEDITATION | 9-21-24



What aspects did you release during the meditation?

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MEDITATION | 9-21-24



What resistances came through during the release?



Describe your current emotion as if it were a place.  
Describe what it looks and feels like.



What other revelations, epiphanies and insights unfolded for you?