

Homework for exploring relationship with First Core Needs of Connection/Love/Attunement

** Inquire into your relationship with receiving nourishment... related to food, nature, animal and human relations. Open your attention in all of these arenas to become more receptive to nourishing experience.*

Upon waking: Hands on naked belly. Practice connecting your deep full belly breaths- for at least 12 full deep breaths.

Presencing- "I AM here". Feeling your love as warmth.

** Begin to explore the beginning of Core Embodiment Practice in the am.*

** Begin to notice your breathing and sense of where your awareness is located throughout the day. Gently practice bringing yourself down and into your belly/root as often as possible. Practice staying with yourself here.*

Practice attuning to yourself more often throughout the day with the inquiry, "What do I feel?" and "What do I need right now."

** Upon sleeping: Fall asleep with hands on lower belly. Same practice as am.*

