

*Homework*  
*For Session 3 of*  
*Discovering a Deeper Intimacy with Life*  
*With Ajaya Sommers*

Explore your relationship to individuation.  
Compassionately lean into and take an inventory on  
where you may feel resentments in your life.  
(Indication that you are not in authentic expression  
of your truth.) Lean in here and ask, what you need,  
to be able to express your truth.

Practice the yes/no somatic clarity tool

Continue to practice Core Embodiment

Read the articles if you like:

<https://www.consciouslifestylemag.com/pineal-gland-activation-third-eye/>

*The poem that I intended to read:*

*At the end of the exhale,  
Breath surrenders to quietude.  
For a moment you hang in the balance-  
Suspended  
In the fertile consciousness*

*In the gentle spaciousness  
That is the source of breath.*

*At the end of the inhale,  
Filled with the song of the breath,  
There is a moment when you are simply  
Holding the tender mystery.*

*In these interludes,  
Experience opens into exquisite vastness  
With no beginning and no end.  
Embrace this infinity without reservation.  
You are its vessel.*

*Yukti Verses  
Translated by Lorin Roche*