

## Day 2

### Sharing Circle Questions

#### Session 1

- What beliefs did you develop about yourself as a result of a “Root Chakra Contraction” that would have caused you to disconnect from your 2<sup>nd</sup> chakra center?
- What does reconnecting to your lower 3 chakras look like or feel like to you?

#### Session 2

- What does “having” feel like to you in your lower chakras?