

# Divine Healing Inner Circle

REFLECTION PRACTICE



## Guided Meditation Support in Taking Your Power Back

In this month's healing, *Honoring the Earth and Recalibrating to Her Rhythm for Deep Grounding and Healing*, you were guided into an energetic experience of cultivating your inner life force at the "center of your tree," or central channel, and connection to the earth.

Yet what happens when we have historically given our power away, invested time and energy in others, and lived a dynamic where our energy is tied up in people or experiences that feel imbalanced?

In cases where being grounded and connecting to the earth still feels hard for your energy system to do (for the reasons mentioned above), there is an extra guided meditation for you this month in your member portal called *Taking Your Power Back*. Give it a listen and use the questions below to support your integration.

1) There may have been an initial purpose as to why you connected with the person or situation that did serve you. What was that?

2) What changed along the way? How did you change? How did the situation change?

3) How did you give yourself or your power away and why? Can you take responsibility for this?

4) In what ways did the other person or situation teach you something about your power?

5) What does it feel like now to have your power back in your center? Can you put a name or word to that power? What is its quality of energy?