

INNER ALCHEMY

Journal



The purpose of Inner Alchemy is to bring us back to the wisdom we each hold within and the beauty is you don't need anyone else to do this for you. In fact no shaman, no healer, no teacher can walk this path for you.

Your participation is 100% required. AND you can begin right now in this moment.

Start noticing where and when limitations begin to arise in your life. Throughout the next week, journal the following prompts as you notice what comes up.

Where in your body can you pinpoint the feeling the limitation arises?

What does limitation feel like for you?

Is the limitation in your life or someone else's?



Read over the Non-judgement Sensory Words document, and write down affirmations that can help move through the resistance.

