



Your Sacred Anatomy Sensing Journal

What is it?

A sensing journal is a private place where you can keep a record of the awakening experiences of your sensing journey. This is where you can write and draw pictures of deeply personal impressions you may receive during the course, using some pleasing pens or colored pencils can enhance your learning process.

Why do it?

Keeping a written record of your experiments with sensing and learning how to work with what you perceive might seem trivial or a waste of valuable time. This is not so. The deluge of information that we are all bombarded with every single day is profound. We tend to by about age eight, slip into numbness to the sheer volume of stimuli. Some children may bury their natural sensitivity even earlier! This may be because we are not encouraged in this culture to be sensitive.

Instead, we are taught to be *rational* and to relegate the experience of sensing information to the curious, artistic or bizarre among us. Intuition is OK for women, gut reactions are praised in the warrior and the athlete, inspiration is approved of in the musician, artist, poet, writer or problem solver, but do we know where this stuff resides within us?

Do we sometimes experience it and ignore it? The answer to these questions, for most of us, is a resounding and not so unconscious: yes! Because we may not be quite able to grab that inspiration arising during a quiet moment, it may be so fleeting, so elusive; jotting it down immediately can be the only way to even remember the thing. Your sensing journal is a re-training tool.

What to put in it?

Every time the opportunity arises to capture a flash of insight, inspiration, knowingness, or intuition, we owe it to ourselves to seize it and make it your own by writing it down. Chronicle your deepening of awareness, your heightened sensitivity, especially during this workshop.

Being around other people, who are in touch with their sensitivities, *living from them* as the instructor does, makes your experience more intense. Let this happen deeply and write it down. Put down in words the way things look, feel, smell, taste and sound as well as impressions of your time in the course. Take a few minutes during breaks during lunch or right before falling asleep at night to jot down thoughts. Write down your dreams and your daydreams, your vision for yourself as you transform and your impressions of the techniques of Sacred Anatomy Energy Medicine as you become more adept.



Take a few minutes right now to initiate your journal by recording how you feel in this moment. Most of all: Have fun and enjoy every moment of your life.

This is it- There is no rehearsal.