

S u n d a r a

AWAKEN THE DIVINE FEMININE



Intention Setting, Connection and
baseline wellness check in

Welcome generous soul.

And thank you for saying yes.

So that you are prepared and anchored, and so that I can frame and support your journey in a way that is nourishing and full-filling for you, these prompts will also help you to navigate this work with grace.

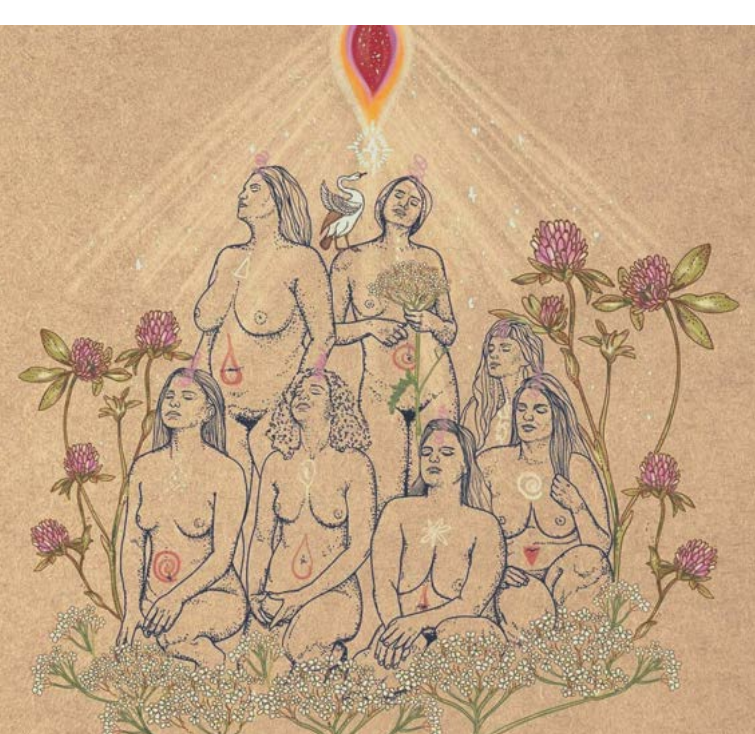
As you navigate these tools and resources it is vital that you establish a baseline, an anchor of your overall wellness, intentions and health. If you choose to step, leap, jump further into fuller vitality, you cannot overlook how you fuel or rest your body and your mind. A baseline of “wellness” includes supporting your “mind, body and soul” with

- Diet: Nutrient dense foods, including plants
- Sleep (quality and duration)
- Self-care that lifts your vitality & supports connection such as yoga, walking, ritual, meditation, movement, that is YIN in nature
- Water intake & herbal intake
- Sacred Feminine Expression and connection to womb, Yoni Care. Creativity through arts, movement, crafting

Without a baseline, and without an aspiration, we can hardly begin to apply the learnings of this work so that you can truly see and experience your potential.

Journal the following activity prior to your first session, and bring along with you.





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Pre Discovery & Journalling

Create and craft some quality time to anchor into your body. Perhaps a few mindful breathes.

And ask yourself, how do I feel in relation to these factors

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Rate your level of satisfaction with your current baseline on the above areas

- 1 – *dissatisfied* (scarce/depleted, in pain)
- 2 – *somewhat satisfied* (could be better and show up more often)
- 3 – *Satisfied* (given circumstances, is adequate)
- 4 – *Completely satisfied*; motivated abundant, prosperous/complete, pain free)

Now, after your review of your current state, take a moment to reflect and think about, even rank where you would like your baseline to be. Consider the value you place upon each baseline measure, and we will at the end of the program, come back to rate your progress against the current baseline.

What are your intentions for this work
What do you wish to activate through this process
What do you wish to release or change

