



Sacred Rhythms™

Your Journey into Deeper Connection with
the Natural Cycles of Life starts here

Summer & The Lover

1) Continue to Befriend the Part of you that feels blocked with It comes to Growth

Love on this block. Have kindness and compassion towards this block. Let this block know you want to hear and understand it better. And ask it what it wants you to know.

2) Do a Dance with the Energy of Your Inner Lover

Continue to activate and strengthen the highest and most aligned energy of your Inner Love by putting on music that your Inner Lover loves, and moving to the music from the energy of your Inner Lover. Use this as an opportunity to continue to embody this energy and Archetype and integrate it inside of you.

When the dance ends, write a letter from your Inner Lover to you.

3) Take Any Action Steps that Came up that Feel Aligned

During class or through the followup assignments, your Inner Lover might have revealed to you some outer action steps - perhaps baby ones - you can take to grow a project in your life that needs and wants your desire, focus, love and persistent & consistent attention. See if you can stretch yourself to start taking those baby steps.

4) For Your Client Work:

- Which of your Clients is struggling with a Summer phase?
- Why you you sense they are struggling with Summer?
- How would you like to support each of them to activate their Inner Lover energy around the project that is needing more passion and attention from them?