

insights
with *tifanei*

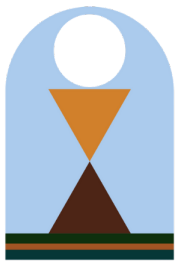
resonance of a vision day two

intention:

write down your intention for today

reflections from day one:

use this space to take notes when prompted about your reflections



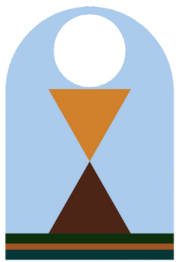
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meditations one + two + three:

use this space to take notes from the meditations – finding safety, bringing awareness, and experimentation

somatic awareness exercise:

use this space to take notes from the somatic awareness



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acceptance:

use this space when prompted to give acceptance statements and examples

action:

use this space when prompted to note your next steps and insights