

AWAKENING: MODULE 4 Homework

***"Your true nature is Love. That's why
every time you leave, it hurts."***

-Byron Katie

Welcome to your homePLAY for week four, to help you apply what you're learning into your everyday life!

Go through these homework options, tune in and pick the assignments that most resonate with you. Many of these suggestions are not typical "homework" assignments, and thus can be done by simply becoming more aware and conscious in your day to day. Other things might be things you've already worked with. The intention is to bring levity and playfulness to the assignments, and do what calls out to you and/or feels like it might feel good. Give yourself permission to choose the ones that feel BEST for you, and let go of the rest :)

Week Four Assignments:

1. Become more aware. When are you making fear-based decisions in your life? Where are you being motivated by fear? Practice making little decisions based on choosing love over fear. Ask, what would love do? Or what would I do in the absence of fear?
2. If you want to begin first by building up more body awareness and connection, start here:
 - a. Notice- what does love feel like in your body. Think of something you love. A person, a place, a memory, an activity, something sacred. ENJOY and experience it in your body. Become familiar with what love feels like in your body. If you are new to this, it might be helpful to jot down what you notice in a book or on your phone
 - b. Bring a situation to mind, perhaps a pending decision. Internally ask yourself, "How am I feeling?" Immediately notice the physical sensations that come. People hear their body in different ways so simply notice what happens for you. There is no right or wrong way to listen to your body. How do you interpret what you hear?

3. Practice making decisions based on how something feels physically. Notice when something lands, feels good or brings relief. Pay attention to "body truth." Do this with little things so it's easier when we have to make big life decisions. Obviously, don't do this with a decision that may trigger you. Start simple. (Someone on our podcast described it as "do I want to eat pizza or sushi?" Ask yourself and listen to your body's wisdom)
 - a. Imagine saying no and a yes to something (a person, an opportunity, a job or experience). Walk yourself through the scenario. After feeling the yes and the no in your body, which choice feels right for you at this moment?
 - b. Before you ask your trusted community or look for an answer outside of yourself, ask yourself FIRST and come up with an answer of your own. You can ALWAYS ask for other people's opinions after :)
4. Write a letter to yourself from a place of love or from love itself. What would love say or do? (Similar to writing a letter from your higher self/God.) This is super helpful when you're feeling stuck, overwhelmed or unsure
5. Here's is a helpful article that [outlines the difference between intrusive thoughts vs intuitive thoughts](#). Can you relate to some of this in yourself?