

A Course in Clarity Day 2 - Trust Your Vision

If you feel a deeper sense of joy and purpose calling you. It is.
Lean into your vision, create movement in that direction.

What is calling to you? What does it look like, how do you feel, what are you doing, who are you with, what are they doing, what are you wearing, where are you, what is being created?

soften into your breath as you let your vision come into view. Use the questions above to get curious and keep going to gather as much information as you can about your vision. Use these prompts to see and feel into where it's possible to move in that direction. Even a small amount of movement creates a flow in that direction.