

# Earth

## Boundaries

- Why do you want to have healthy & vital boundaries?
- What healthy boundaries do you have that protect your well being?
- What boundaries would you like to strengthen so you can be healthier?
- What boundaries would you like to soften so you can let in more abundance?
- What are you keeping out that you really want to let in?
- What are you keeping in that you really want to let out?

## Belonging



“To this world you belong. To this moment, in this place, where you already stand, something greater has ushered you. To the momentum of a long line of survivors you are bound. From their good deaths, succeeded by new lives, and to the incidents of love that seeded them, your story has been woven. With the wild jubilation of nature, you are in correspondence. By every seasons conditions, and by the invisible holy inclination, your life has been hewn.”  
 (“Belonging” by Toko-pa Turner)

**Childhood  
Adolescence**

**Self  
Community  
Earth**

**Chakra 1/3/5  
Chakra 2/4/6**

