



Attention to base of spine: What were your fears this year?

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Hand on low belly: What emotions arise when you think about 2020?

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Hand on your solar plexus: In what part of your life do you sense a loss of power? What do you think of when you repeat the words, "I DID"?

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Hand on your heart: What do you grieve from this year? What joy came of this time for you?

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Hand to throat: Whose voice did you hear this year that forever changed you, or how have you learned to speak in a new way?

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Hand to third eye: What did you see this year that you didn't see before?

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Hand to crown: How have your belief systems been tested this year? Have you raised your level of consciousness or connection to Source?

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