

REFLECTION : THE VOID

My love affair with the Void is pretty epic. I hope I've given you some juicy invitations back in.

- Does the Void feel like spaciousness to you, or does it feel like emptiness?
- What immediately rises in your mind when you imagine letting something dissolve into the Void?
- What do you keep holding because letting it go feels like losing control?
- Where do you confuse stillness with stagnation?
- What part of you believes that doing nothing means nothing is happening?
- What changes in your body when you imagine being held by the Void instead of holding everything yourself?

