

REFLECTION : THE MYSTERY IS MY NATURE

I intend this one to feel a little stretchy. **The Mystery is your nature.** Even if a relationship with it has faded.

- What does Mystery mean to you?
- What does Mystery feel like in your body?
- Is there an image that arises when you encounter The Mystery?
- Do any fears arise of the unknown?
- How can you meet the Mystery in a way that feels delicious and inviting in your body?
- How might you invite more Mystery into your life in a way that feels delicious in your body?

