

REFLECTION : SACRED YES

The Sacred Yes may feel exhilarating in theory, but notice what happens when you imagine actually allowing pleasure to have this much authority in your life...

- What is your relationship with pleasure?
- How often do you move when there is no energy available to move?
- Why does the Sacred Yes feel radical, confrontational, or even uncomfortable to you?
- What judgments does your brain immediately want to place on the idea of only rising for pleasure?
- Where are you still allowing obligation to decide what deserves your life force?
- What are the small, ordinary pleasures that reliably stir Life within you?
- If you waited for the Sacred Yes today, what might you actually rise for?

