

Dancing Through Darkness Day 3

Journal Questions

Do you notice signals from your body that invite you to slow down or wane?

How do you usually respond?

How do you usually feel several days after the full moon when it begins to wane?
Or when your period is about to come? Do you sense a shift in energy?

How do you usually respond?

How would you say is the overall pace of your life? How do you feel about this pace?

Do you have a practice for waning? Do you have some ideas of how to create a practice that feels right for you?