

DAY 2 - SPARK IT

Today, there will be movement, along with a journal exercise, so have your journal close by.

You will be going through a great deal of changes while moving through this journey of self-discovery and while it is great to think about all of the things that are coming up for you, they need to be integrated fully into your being, and that means your body must know as much as your mind. **This requires movement.**

I found my love in Kundalini Yoga 10 years ago and it's helped me bring my light back again and again when it's felt dimmed. I am grateful every day for it's techniques and choose to practice it's teachings just as regularly.

We are going to just start off with very simple movements anyone can do. **Find your dance tune**, the first one that comes to mind, and follow the **SPARK IT** video.

ANSWER THESE QUESTIONS IN YOUR JOURNAL

What came up for me while I was dancing?

How did the breathing and movement feel? If it felt silly or weird, ask yourself **why am I judging?** Why not allow it to be what it is without labeling it as good or bad?

Would you allow yourself to be free? Free to move, free to dance? Or was it scripted in some way as if it was a performance?

LET'S MOVE!

We're going to do it again, one more time!

Play this song now. Let it rip. Feel your body and your movement. Feel your crazy, wild spirit just for the pleasure of it without judging how good or bad it is. **Just let it be.**



ANSWER THESE QUESTIONS IN YOUR JOURNAL

This time around, how did I feel? Was it the same or different?

What does it feel like to be free?

What does it feel like not to judge?

What does it feel like to just let it all go and be carefree?

Please say you smiled!

You wacky, wonderful woman, you.

I see you.

And I love you.

Now go have an awesome rest of your day. See you tomorrow.