



## *Lesson 1: Building Your Inner Sanctuary*

### Journaling Prompts

- In your own words, what does resilience mean to you? Where have you shown resilience in your life? Where would you like to experience greater resilience?
- What do you spend most of your time thinking about? How does that affect how you feel?
- Can you think of examples of self-fulfilling prophecies playing out in your life? How did what you were believing or assuming come true in your experience? What was the result?

### Practice: Choosing Your Frequency

Joy is a frequency. Peace is a frequency. So is anger and fear. What frequency do you want to experience?

Let's start with how you are feeling. Where are your emotions? What sensations do you have in your body?

Is this how you want to feel? If so, take a few moments to expand that feeling. Hold that feeling as a template or bookmark for future reference and stay with it as long as possible, bringing yourself to the full height of pleasurable emotion if possible.

If you are not feeling the way you want, close your eyes and take a few slow, deep breaths. Think of something that makes you happy and light. Maybe it is a baby animal or the sun reflecting on the ocean. With that image in your mind, feel your way into how you want. Imagine what it would feel like to feel that way. Your mind and body don't know the difference between an experience in your imagination and in your "real world" because it is all coming from you. Feel it, expand it, and sustain it as best you can.

### Mantras:

I care about how I feel and I want to feel good.

I am the wellspring of my wellbeing.

I am the creator of my creation.