



A Soul Practice

for (["The Body's Wisdom Never Lies" Blog Article](#))

Truth or Consequences

"The body never lies." ~Martha Graham

For the next week, please do the following:

Morning:

Set your intention to be consciously aware of incidences during the day when you . . .

🌹 **Know in your Body something is True** [*A Gut Knowing* about the Body or something else]

- Note if you honor this truth with your words and/or actions.
-If so, what are the benefits?
- If not, why not?
-What consequential impact does this have on you?

Evening:

🌹 **Reflect & Journal:** Day's incidences, your response, and the resulting benefits or consequences. Watch for patterns.

The 7th Evening:

- 🌹 Summarize the week's reflections.
- 🌹 Look for overall patterns.
- 🌹 What did you learn about yourself?
- 🌹 What will you do with this learning?