

Lesson 3 Reflections

- 1) Do you know how our minds, bodies, souls, spirits, and emotions communicate to each other to attain perfect health and weight balance?**
- 2) How does your soul speak to you? Does it speak through the Body Scan? Does it speak through your creative talents and gifts? Does it speak to you through journaling? Or do you sit quietly until you receive a word, or message?**
- 3) If you have received a message from your soul what was it? What was the primary lesson you learned from it?**
- 4) Do you know how to continue that conversation with your soul and it's messages?**
- 5) Were you surprised by the answer (once you translated your message) what your soul felt was most important for you to know right now?**
- 6) When you were young what was the first emotionally negative experience that you can remember? With respect to what you are doing now in this course are you able to identify the root cause of or the beginning of your feeling this way? If you are having difficulty figuring this part out, make an appointment with Nicole for a Healing Soul Reading.**