



Sacred Rhythms™

Your Journey into Deeper Connection with
the Natural Cycles of Life starts here

Sacred Rhythms Week 2 Homework

Going Deeper to Embody the Destroyer

1) Journal with Your Destroyer. Make Friends with It. Deepen the Relationship

You can ask your Destroyer Questions and let the energy answer through your writing. Remember: because we are working with Winter, you may not get full clarity at first. It doesn't mean you're doing ANYTHING wrong. It simply means that you are in PROCESS.

(Coaching Principles: Make Friends with Your Shadow Parts; Lovingly Accept all of your Parts; Persistence & Consistence Create Change)

2) After one of your Destroyer Journaling Sessions, ask Your Destroyer to show you a Body Movement that Symbolizes CLEAN Destroyer Energy

Close Your Eyes, See the Highest Level of your Inner Destroyer in front of you, and ask your Destroyer to show you a Body Movement or Body Stance that symbolizes CLEAN Destroyer Energy.

Ask that the Body Movement be something that is available to your body's ability.

Then, move your body into that position very consciously and FEEL the energy of that movement and position. Feel what it feels like for your body to be in clean and aligned Destroyer energy.

Practice this throughout the week.

(Coaching Principles: Embodying Energy for New Habits, Feelings, & Actions; Make a Body Memory of the Energy)

3) Take Any Action Steps that Came up that Feel Aligned

Your Destroyer might have revealed to you some outer action steps - perhaps baby ones - you can take to release clinging onto certain things in your life. See if you can stretch yourself to start taking those baby steps.

If your Destroyer hasn't yet revealed aligned outer steps, don't judge it. Simply continue to Dialogue with your Destroyer and hold loving space for it. Honor your process.

4) For Your Client Work:

--Which of your Clients is ready for an overarching Winter phase?

--Which of your Clients has gotten stuck in a Winter phase? Why?

--Which clients are ready to let go of a particular project and relationship in their life (or a part of it), but isn't yet aware?

I'd love to hear how it's going with the homework so far. I'll also be sharing another supplemental exercise in the next day or two!