

ORACULAR EMBODIED INQUIRY #1

Pure, Rooted Impulse

PREP: FOR BEFORE THE PRACTICE

When are some times in life when you felt a deeply resonant yes?

Did you follow it?

When in life have you felt a very clear no?

Did you follow it?

When have you been surprised by either a magnetism toward or away from someone or something?

When have you denied either an attraction or a repulsion?

Why?

At the end of your days, do you generally feel exhausted and depleted or tired and full?

REFLECTION: FOR AFTER THE PRACTICE

What does yes actually feel like in your body?

What does no feel like in your body?

Are you able to feel the threshold at which a pure impulse in you begins to be taken into over-complexity or projection?

How would you describe the difference between being in pure, rooted impulse versus being in mental complexity, lifted off of the moment?

Specifically, how does that feel in your body?

How is it for you to navigate that? Does it feel easy or very difficult to stay underneath of over-complexity?

Is there any resistance in you to turning towards what nourishes you?

Is there any resistance in you to turning away from what depletes you?

Are you willing to shift those resistances and align with what nourishes life in you?

What would that look like?