

# HOMEcoming:

## Going Deeper Inquiry

These are intentionally simple and spacious. I didn't want it to be complex or overdone. Please let yourself just open into the exploration and expand.

This is inquiry for you to deepen in intimacy with your own knowing, but please submit to me if you would like Certification of Completion at the end of this spiral.

### Dominion

When do you leave “home” and how do you know that it has happened?

Do you validate your own needs? Do you listen and respond and let them guide you?

What does it mean to you to claim your ground?

Can you call to your own destiny without conceptualizing what it may be? Can you allow it to be an unfolding from the moment, arriving to you, without needing to grasp for it?

How is homecoming different for you now than it was a year ago?

### Sovereign

What is nobility to you? How do you embody nobility or dignity?

How much of your life is spent in response/reaction to the push and pull of all around you?

What experience have you had of coming into poise, into center, and observing that life or relationships or the world around you naturally shifts in response, without efforting or will or outward management on your part?

Where or why or in the face of what do you tend to relinquish your poise and collapse inward, or let the world rush in and overcome your sense of yourself?

Do you believe that reciprocity, allowing yourself to be served both by your relations and by the buoyancy of above and below, is not only a gift but also a sacred responsibility you share with life, in order that you may in your turn then also serve?

### Guardian

With whom or in relationship to what would you be served by becoming more permeable - discerning what is not for you, but allowing nourishment or love or “the good” to support and fill you?

Where are you holding boundaries based on rigid concept or opinion rather than a more living truth?

Do you rest into your “guardian” or membrane of protection, or do you work hard to hold it all together?

What are some examples of ways that you could shift from a more vulnerable posture of keeping the “bad” or “toxic” out, to a more self-honoring posture of containment, of simply making choices so that you can more fully saturate in your own essence, “keeping yourself in” for the sake of intimacy with your own being, and fullness of life?

How do you know what is for you and what is not for you?

### The Sacred Bowl

How deeply in residence of your sacred bowl are you?

What are some revelations that have surfaced and arisen from your sacred bowl?

What are the various aspects of full spectrum deep feminine presence that have shown themselves to you from within your sacred bowl? Have any of them surprised you?

What is it to you to be Woman? Or to be a vessel through which “Woman” moves?