

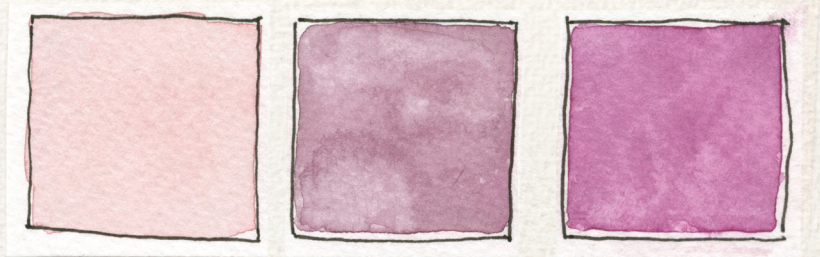
practice you
a journal

ELENA BROWER



sounds true
BOULDER, CO

i am.



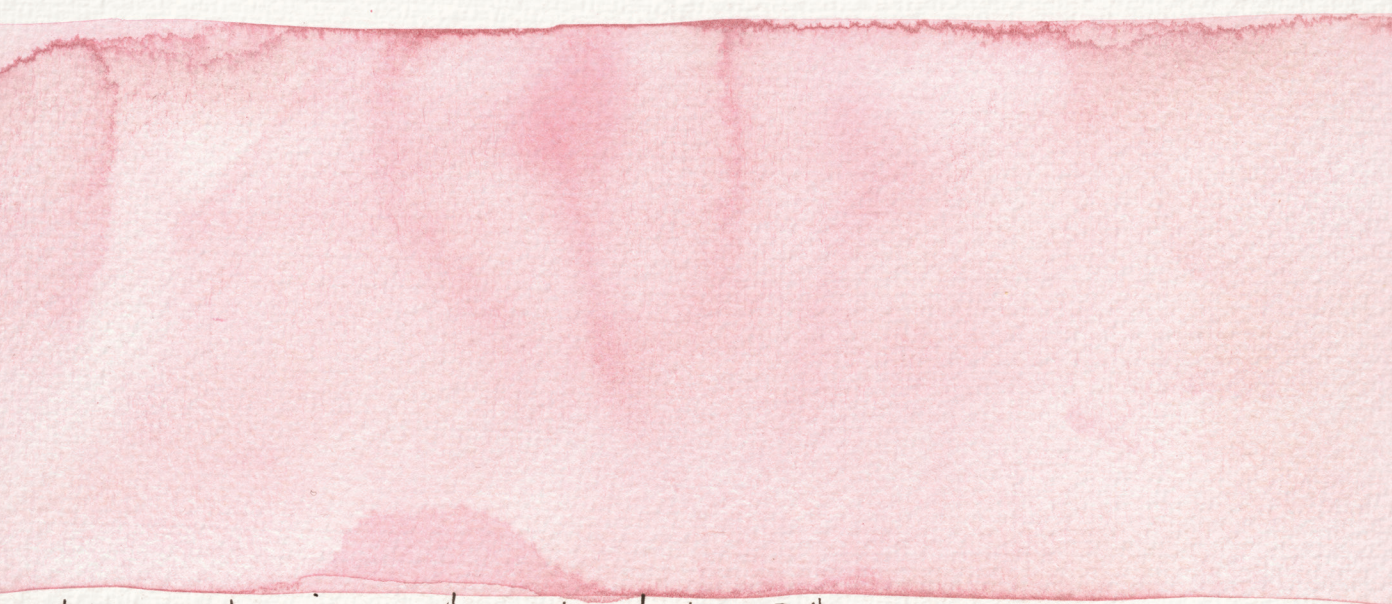
embody

BEGIN by taking a moment to sit and get grounded. Place your hands on your thighs, palms down, and begin breathing, deeply and slowly. Breathe audibly at first, then make your breathing increasingly more silent. Sense the weight of your seat, and let your spine rise tall. Feel yourself embodied, present, and steady.

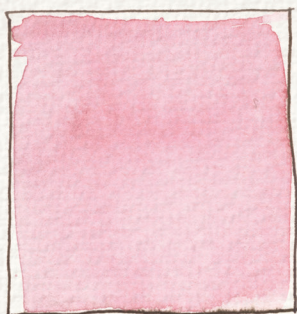
Let the questions on this page serve as continuing contemplations throughout the open spaces to follow. The facing page is left blank for your first responses. Your thoughts will evolve over time, so respect where you are right now, stay steady, and be soft with yourself as you write. If you find yourself filling the page, know that there are more blank pages for additional responses. Keep these questions close as you travel through this Exploration of being and embodiment. You might even return to this initial page now and then to provide yourself with a gentle boundary. As you come to know yourself, you may be surprised to see what's unearthed. Let it out.

- How do you define yourself?
- Who are you today? Can you note some of the "labels" you've placed on yourself, your place in your family, your work, your world?
- What are the words you'd use to describe your current attitude about your life right now?
- What's the most visceral, urgent need you have right now in order to feel alive, happy, and at home in yourself?






This is who i am when the doubt falls away.



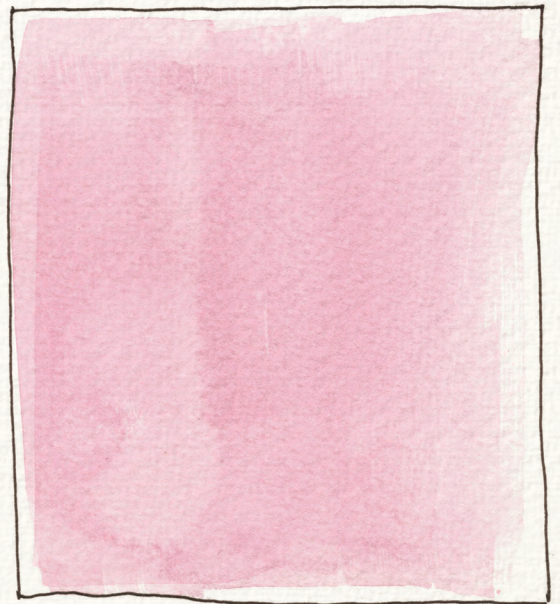
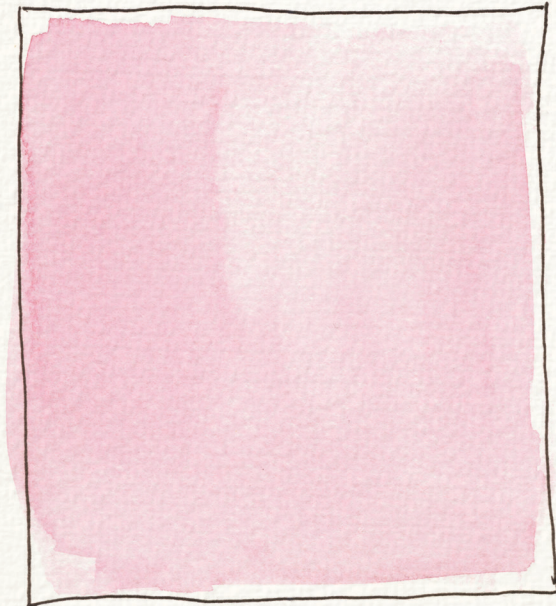
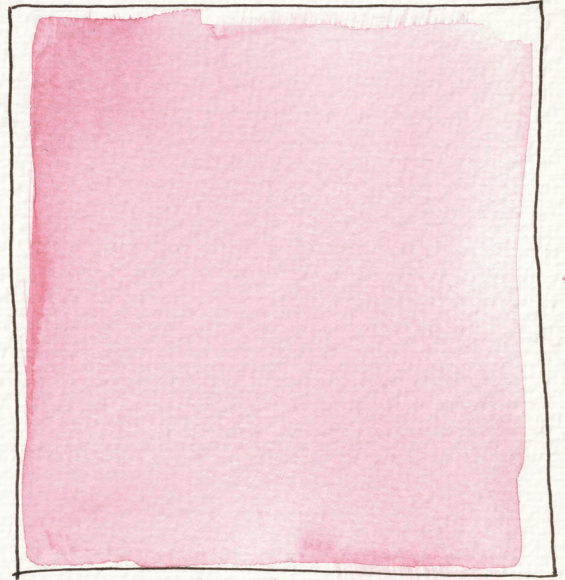
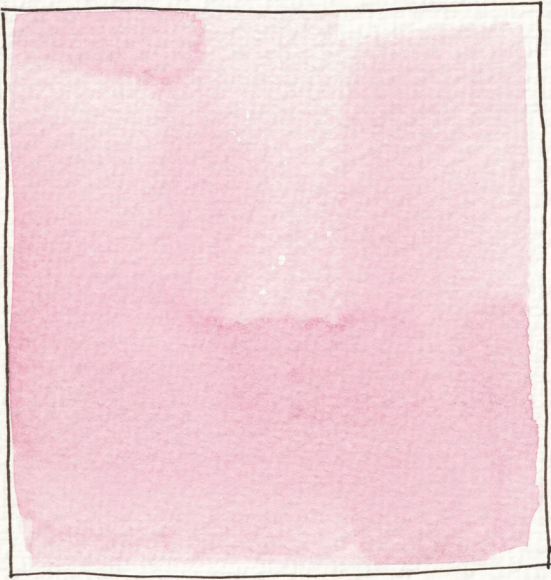
i am






I am at the heart of every observation.

i am all of these things, and none of them.



This is how i love my body.



A watercolor illustration of a red book cover. The cover is a deep red color with a slightly textured, painterly appearance. In the center of the cover is a white rectangular label with a slightly irregular, torn-edge border. The label contains the text "THIS IS HOW MY BODY FEELS AFTER MEDITATION." in a simple, black, sans-serif font. The text is arranged in four lines: "THIS IS HOW", "MY BODY FEELS", "AFTER MEDITATION.", and a period at the end of the last line.

THIS IS HOW
MY BODY FEELS
AFTER MEDITATION.