



PART 1

The Elemental Practice of

Wake and Ripples

We unite to gain strength, inspiration and direction.

The Wake



What you need: a pen and this worksheet. You might need more space for some of the questions, so have your journal or extra sheets of paper ready.

THE ELEMENTAL BEING

Please, remember that for questions like the ones below there is no need to find a rushed answer.

Vhat experiences have created the biggest part of your wake?	
Ponder on them and find one or several words to describe them: horrible, beautiful, exhausting,	
pyful, exciting, sad, etc.	



Starting from the most recent experience that comes to mind, write them down, and write down any thoughts or feelings that arise.

BEING	ELEMENTAL	THE

You can look back as far as you would like. You can have one or several things that come to mind.			
containing? Is there an "anchor" that you	e anything that still feels heavy, restricting, holding, I have unconsciously forgotten?		

If there is something(s) that feels like an anchor, take the time to slow down, pause, "dock the boat." Land and pull it in. Spend time with it. What is it, when did it happen, how did you feel the How do you feel now? What is unfinished? What do you need to let go of?	
weeks-ask yourself if you can untie the anchor from your vessel. Can you untie it from your be Can you just let it go back into your wake as you pull away?	eing <i>?</i>
Take care and keep doing the work to liberate yourself.	
Follow The Elemental Being on Instagram for more tips and insights, join one of my Cocooning events, or message me with any ponderings or questions.	

Love, Brandy

Δ