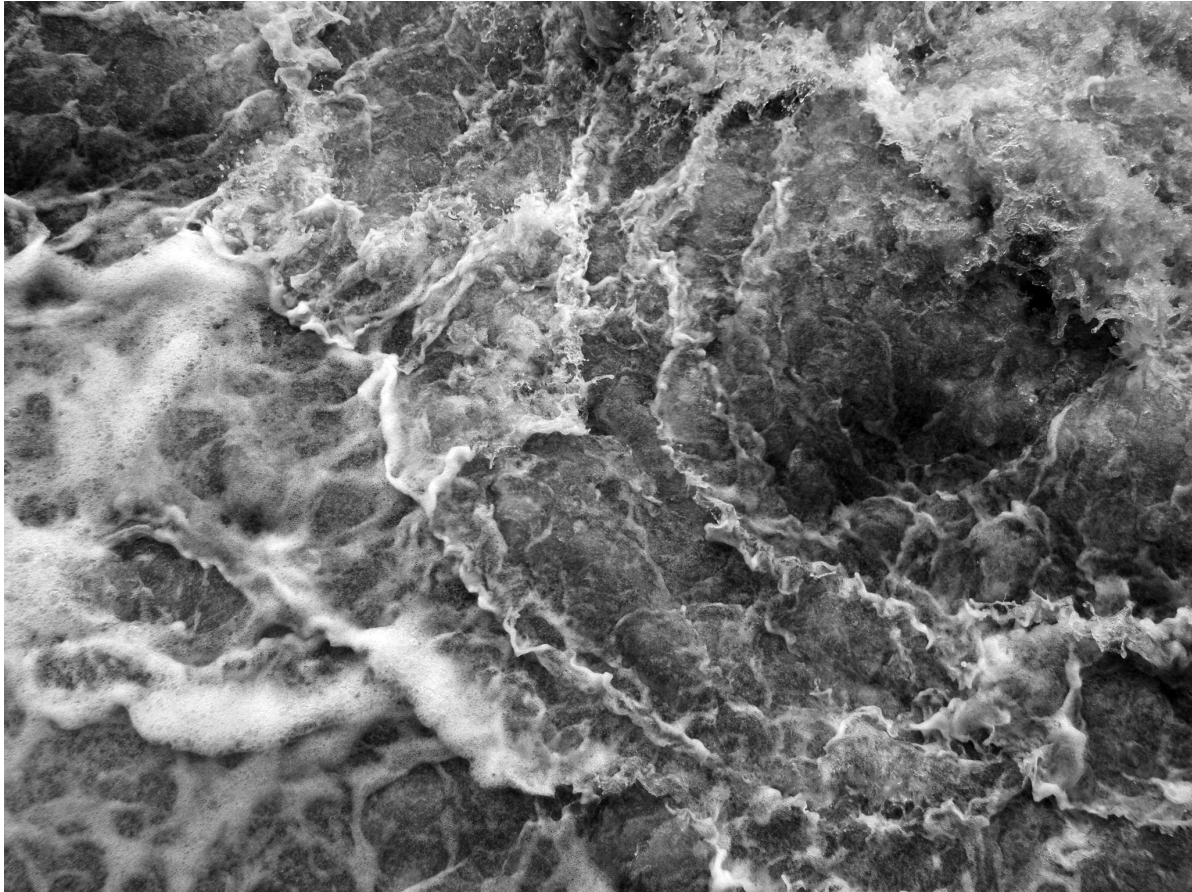


THE  
ELEMENTAL  
BEING



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.

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

**What experiences have created the biggest part of your wake?**

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**Ponder on them and find one or several words to describe them: horrible, beautiful, exhausting, joyful, exciting, sad, etc.**

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