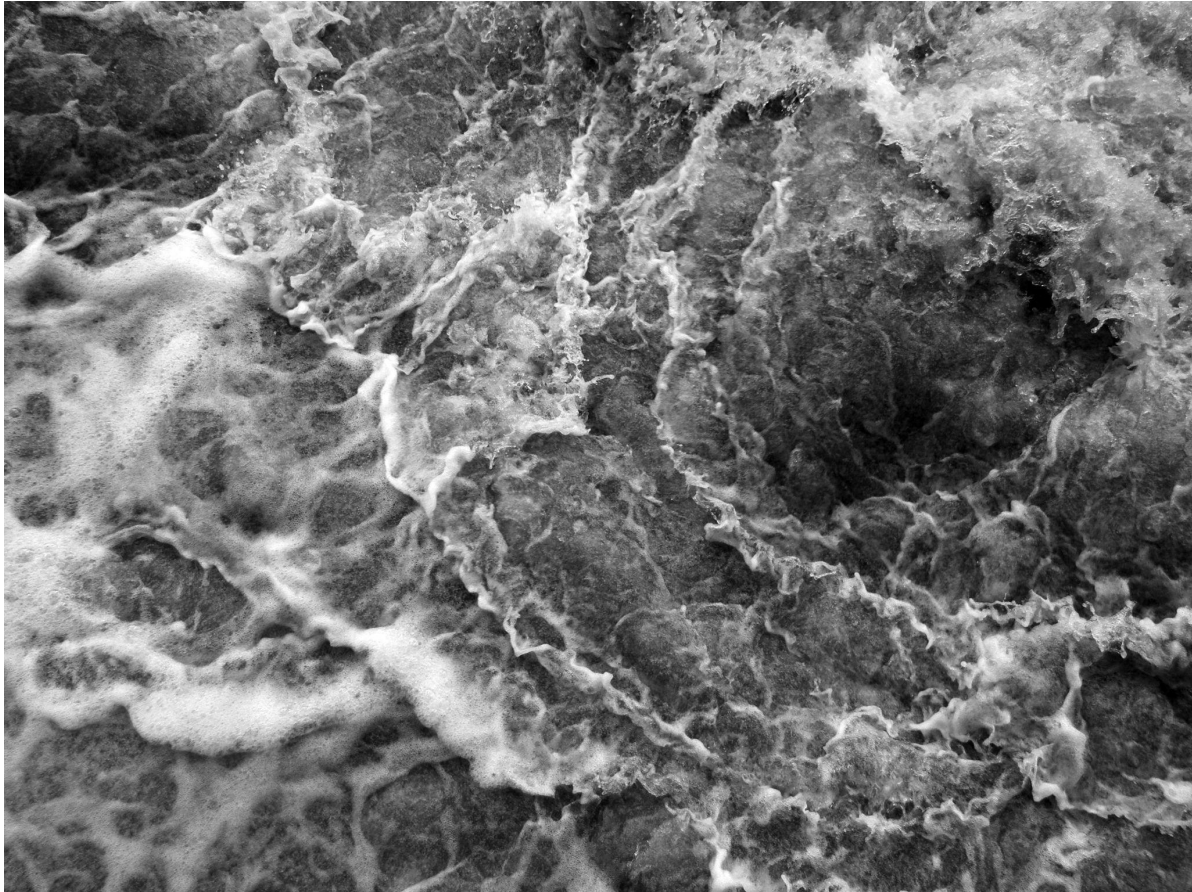


THE
ELEMENTAL
BEING



PART 2

The Elemental Practice of Wake and Ripples

We unite to gain strength, inspiration and direction. ▲

The Ripples



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.

Look at yourself with the respect of knowing you've grown and changed in your wake, and acknowledge the pure intention of seeking and meeting your authentic self.

Thinking back to the experiences that created the biggest part of your wake, and thinking about the anchors tied to these experiences, ponder on the following questions.

What about you does not belong? What about you is abstract rather than mainstream?

Who told you it was not OK to look, breathe, behave a certain way? You? Another? Why do you believe it to be true? What evidence do you have that it is false?



What conformity behavior, box, picture perfect posture, have you been tied to? Conformed to?

What has been there—within you—for so long that the throat constricts when you try to say what is true for you?

What do you yearn for? What do you love to do?



What noises, words, sounds, creations need to be expressed that are 100% you?

Thinking about your answers on The Wake worksheet, did any ripples contribute to your past experiences? Why do you think these ripples are tied to these experiences?

Thinking about your answers on The Wake worksheet, did any ripples appear in the aftermath of your wake that made it challenging to embrace the new you? Why do you think these ripples made an impact?



Going forward, what is your goal in accepting there will be ripples coming your way but not allowing them to influence you?

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