

# Earth-Heart Living: A Deep Dive Journey

## Journal of Deep Listening.

### Keys of Being

#### Key #1

Trust what is emerging.  
Much is coming together for you  
to discover and explore.



What did being in stillness show you?

How did the place appear to you?

What emerged into your awareness?

What sensations did you feel in your body?

How did the place make you feel emotionally?

What was it that excited you?  
How did this excitement show up for you?

What features of the place did you focus on? Why?

Were there any significant moments:

- List any ideas, elements, aspects of the place you want to deepen with:

# Listening to the Land