

Earth-Heart Living: A Deep Dive Journey

Journal of Deep Listening

Keys of Being

Key #3

Breathe. Relax. Open.

Center yourself.



What did being in the stillness show you when you took time to breathe, relax, open, and center yourself?

How did the place appear to you?

What emerged into your awareness as you followed your breath and relaxed into the moment?

What sensations did you feel in your body?

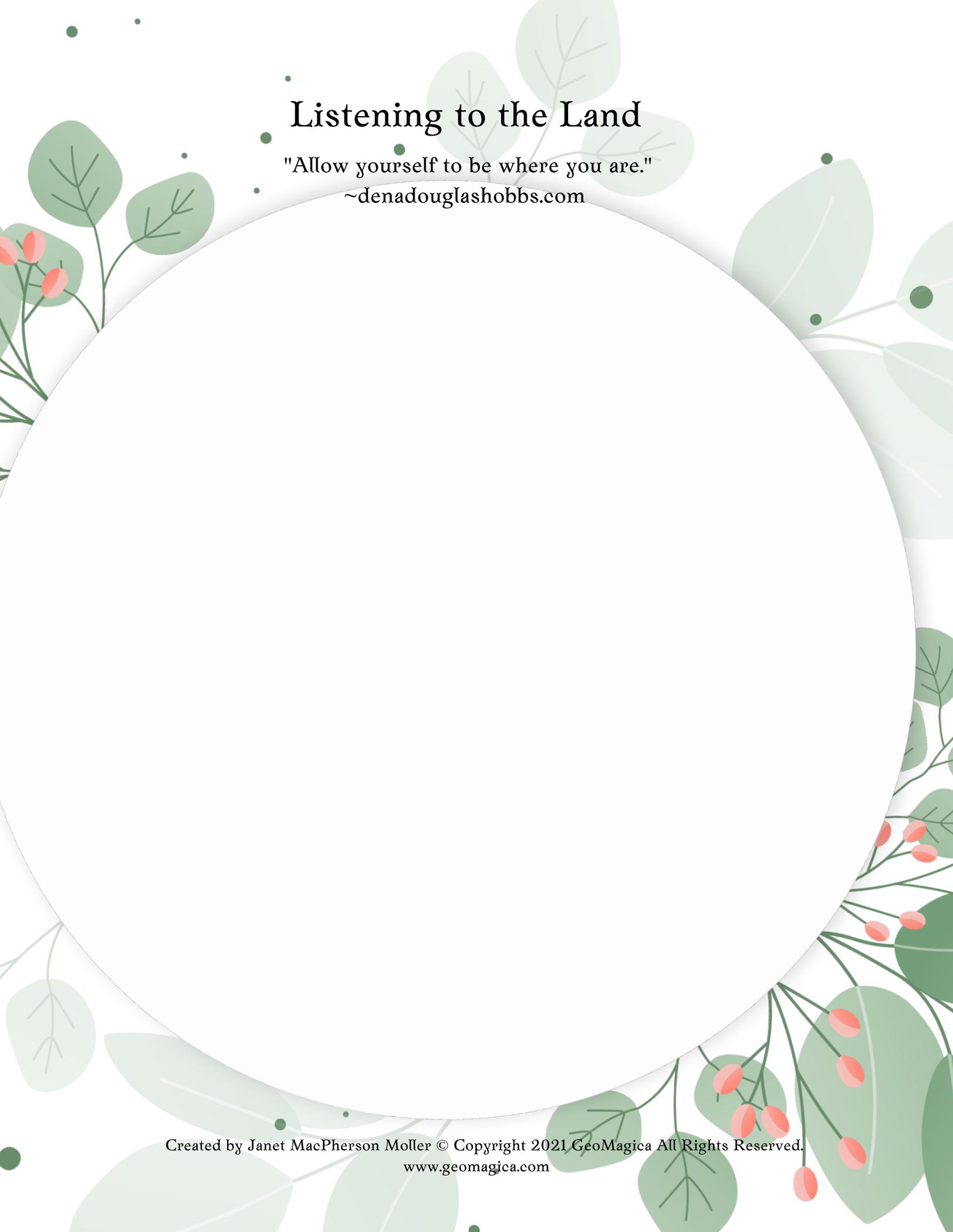
How did the place make you feel emotionally?

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

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

Significant moments:

• Ideas, elements, aspects of the place to deepen with:



Listening to the Land

"Allow yourself to be where you are."

~denadouglasshobbs.com