



VULNERABILITY

Take your time, go slowly, and be patient with yourself.

1. Feel your body, take a few moments to settle in. Your body holds deep wisdom. Trust in it. Learn from it. Connect with it.

2. Bring your awareness to Vulnerability as you slow down, and take a few deep breaths.

3. Allow the word Vulnerability, to just drop into your field of being and notice what you experience, with curiosity and kindness to yourself.

In my vulnerability, I discover great strength.

How does vulnerability feel in me?

Take a few minutes to sit quietly, breathe, and relax. Notice how vulnerability lives in a pure and sensitive place within you.

How does this feel in your body? Relax your body, and just be aware of how it feels.



Vulnerability holds and even hides things that are very precious in our hearts.

As you explore vulnerability within you, notice what deeper truths reveal themselves; what is your vulnerability protecting?

Remember times when you felt particularly vulnerable. Feel into all the different emotions that came up, as well as what you learned from those experiences. Take a few deep breaths while doing this. *

*(Brooke - this is for the website - *Pause and write in your journal.)*

Notice all the ways you might guard against this very tender human experience. This is okay; we all know this feeling of wanting to protect the soft, tender vulnerability at our core.

Ways that I guard against feeling vulnerable.

1.



2.

3.

Now, bringing a feeling of okayness with whatever is there, see if you can go deeper and feel those defenses dissipate into softness.

Courageously meet your vulnerability with compassion and gentleness. In this moment, in this slow deep breath, know you are safe to be vulnerable, safe to be tender, safe to feel whatever arises. Maybe tears will come, or maybe laughter, maybe a sense of grief, or a sense of relief, maybe all of this and more, or other unnamed feelings. Whatever comes, allow it to be felt with curiosity, kindness, and compassion.

Can you see how much your vulnerability reveals to you about yourself and what you hold deeply in your heart?

Can you realize how vulnerability offers you the opportunity to be true to yourself in all your beautiful authenticity and uniqueness?



Consider how your relationships with loved ones might change as you allow yourself to be more vulnerable, when appropriate, and while having healthy boundaries?

In your defenselessness, the power of your own authenticity can flow more smoothly through the inner resource of vulnerability and bring your deepest truths to guide your life.

Feel the unique energy signature and frequency of vulnerability in your body. Notice the texture and the substance of how vulnerability feels to you in your body, in your heart, and throughout the wholeness of your being.

We invite you to continue this journey of self-discovery. It is not a once-and-done experience. Please revisit this exploration into Vulnerability and discover how it continues to deepen and enhance the quality of your life.