

5 Days of BRAVE

This is your inquiry sheet to explore. Play the recording for the day and then give yourself time to go over the questions related to the day. Perhaps you choose to explore these questions with someone who could support you with listening. If so, create a safe place, allow the sharing to happen in confidence, this is a powerful time for bonding and an evolving relationship.

Day 1 -Breathe Did you feel the full breath in the recording? When could you use this same breath? When are the times you notice your breath is NOT deep? (tight, shallow, too fast, etc.)

Day 2 -Relax How does it feel to relax like this? What other times do you feel relaxed like this? (at bed time, after hobbies/activities/playing sports, with pet, etc.) What does the opposite of this feel like, when you are NOT relaxed? When do you notice feeling not relaxed?

Day 3 -Allow Are you able to go back and forth between opposites and continue breathing fully and relaxed? Do you notice feeling opposites at times in your day (hot/cold, strong/weak, happy/sad)? Do you notice times that you resist what is happening (work situations, relationship differences, friends choosing something, food choices) What are those times?

Day 4 -Visualize Are you able to 'see' the different images? What are your favorite memories in your life, and can you visualize them? What are the visualizations/memories that upset you?

Day 5 – Empower Are you able to visualize and wish/dream/set goals for your future? What does the future look like to you? How about tomorrow? Are you able to see yourself relaxed, happy and breathing at ease, content with things just as they are, not needing to change anything?

Remember, these questions are simply to create awareness. There is nothing right or wrong with any answer. We are simply intending to learn to relax deeply, and consciously, then experience these different

practices as a way to clear some of them from our unconscious response patterns. The questioning, after the experience brings more attention to areas which often go unnoticed. By and by, those areas can surface in our awareness, and using our BRAVE techniques, we can build a new set of patterns and actions, with limitless possibilities!