

HEART, BODY, MIND & SPIRIT EXERCISE

Ask yourself what reward you would give to each of these parts of yourself as a treat.... what does your heart really enjoy? What food does your body like?

MIND
Air

HEART
Fire

BODY
Earth

EMOTIONS
Water

SPIRIT
Ether

Your decisions need to incorporate the pleasures and satisfactions from each column in order for all the parts of you to pull in the same direction and manifest your intentions.