



## Reflection Questions

- Where in your life do you notice the gap between resonance and integration most clearly – where you feel something deeply but can't quite live it yet?
- What has stopped you from going deeper in your transformation work before – and is that reason still true?
- What would it mean to stop visiting yourself in peak moments and start living there – in the ordinary moments, the Tuesday mornings, the quiet in-between?
- What would going all in on yourself actually look like – and what comes up in your body when you imagine it?

INTEGRATION REQUIRES REPETITION IN THE  
BODY – NOT JUST REVISITING IN THE MIND.

**Doing something again and again until  
your nervous system stops treating it as  
new and starts treating it as HOME.**