

# R E W A K E N

*Questions* to get you started  
on your journey of *Transformation*

WITH SONJA GRIGG



# R E W A K E N

ALIGNING OUR MIND, BODY, AND SPIRIT IS THE KEY TO FINDING FULFILLMENT AND HAPPINESS.

The harmony and interconnection of these parts is well known in many ancient cultures. However, our modern-day, secular culture, rooted in materialism and achievement, hides this truth from us. So how do we begin?

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LET'S START WITH HOW ARE CURRENTLY LIVING. ARE YOUR PARTS IN BALANCE?

You intuitively know this answer, even without knowing the details. For many of us, the answer is "no"—we live in our minds. We think and over think, we are experts at imagining the worst-case scenario, things are always black and white. Our body hangs in there, and our spirit is a mystical concept that evades us.

IF WE WANT TO LIVE IN HARMONY WITH OURSELVES, ALL OF OUR PARTS NEED TO BE HONORED.

BODY

How do you create safety in your body ?  
What is getting in the way of you taking care of your body ?

MIND

How do you talk to yourself ?  
What do you believe about yourself that hurts you ?

SPIRIT

Where are you trying to control a situation you cannot control ?  
Where are you not allowing yourself to explore, play or be uniquely you?

