



MODULE TWO

Tune In

Class Four: Reflection & Integration



“OUR DEEPEST FEAR IS NOT
THAT WE ARE INADEQUATE. OUR
DEEPEST FEAR IS THAT WE ARE
POWERFUL BEYOND MEASURE.
IT IS OUR LIGHT, NOT OUR
DARKNESS THAT MOST FRIGHTENS
US. WE ASK OURSELVES, ‘WHO
AM I TO BE BRILLIANT, GORGEOUS,
TALENTED, FABULOUS?’ ACTUALLY,
WHO ARE YOU NOT BE?”

Marianne Williamson



WELCOME TO MODULE TWO, CLASS FOUR.

Tune In: Reflection & Integration.

In this class we will cover:

- + Reflective questions to help you integrate what you have started learning and practising since the course commenced.
- + The tools, practices or principles which have been supporting you most deeply, and what you would like to continue implementing.
- + Questions to help you see what shifts or changes you have made so far, so that you can acknowledge your progress.
- + The areas where you may be getting stuck, holding back or not showing up in the way you desire, and the changes you now want to make to help you move forward.



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What has been the most significant learning or discovery that you have made about yourself during Module Two?

What is one inner shift that you have noticed or felt within yourself?

What is one change that you have made that you are the most proud of?



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What habits, rituals or practices have you started implementing through Module Two that have helped you feel more in tune with yourself?

What benefits or inner shifts have you experienced from implementing them?

Which of these habits, rituals or practices feel most important for you to continue implementing?



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Which principles, tools or practices from Module Two have you been wanting to implement, but you have not yet started?

What has been stopping you or holding you back from implementing them?

Choose one of these practices to begin implementing this week. Write it below and describe how you are going to practise this.



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What is one way you have become more in charge of how you feel, and what practices or principles from Week 5 most helped you with that?

What is one way you have become more in tune with your body and emotions, and what practices or principles from Week 6 most helped you with that?

What is one way you have created a more loving relationship with yourself, and what practices or principles from Week 7 most helped you with that?



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Reflect on how you have approached the coursework through Module Two. What has worked for you and helped you gain the most from it?

Reflect on what has been interfering with you fully showing up for the Module Two coursework. Release any self-judgment, forgive yourself for any mistakes, and now simply re-set and re-focus. What would you like to change, shift or improve around how you are working through the course from now on?



TUNE IN



What are your areas of focus for this Reflection & Integration week? What do you want to practise, work on, implement or do?

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CONGRATULATIONS!
**YOU HAVE COMPLETED
MODULE TWO - CLASS FOUR.**

SHARE YOUR EXPERIENCES:

Come on over to our
Facebook community and
share about your insights,
realisations, learning or
practices from this week.



