

Pathways of the Heart

Day #2 Worksheet

1. What comes up for you around **trust**? Where does your mind go? How does your heart feel/ respond around **trusting/mistrusting**? Do you feel relaxed, constricted, resistance, etc.? Be in the inquiry of trusting or not trusting what, whom?

2. What comes up for you around **surrender**? Ease, relaxation, fear, relief, etc?

3. What messages and/or medicine did you receive from the **spirit deer** around how you can surrender and trust more?

4. How might all this relate to how you're holding and accepting how things are personally, in relationships, community, government?

Continue to call in the spirit deer to help you surrender, trust, open and soften your heart, and be a beacon of light.

