

LISA

Health 9/10

friends 8/9

Fun 8

Environ 9

Personal growth 9/10

Finances 6/7

Romance 6/7

Work 8/9

Stillness vs. inertia

NARM Dr. Lawrence Heller

Passion is make and model

Gift is the car / what will drive you

Breath can get you unstuck

Economic driver —

From Stillness I'm creating; getting curious

From Inertia little is created

Hmm, if feeling inertia, maybe I can turn this into STILLNESS and then see what comes from it

JILL

Finished summary statement

Dream discussion

Friends 9

Work 9

Health 9

Fun 6

Environ 6

Personal growth 8
Finances 7
Romance

CARLA
Work 9
Health 8
Friends 8
Fun 9
Environment 5
Personal growth 8
Romance 9
Finances 6

ANDRE
Old musical friends reached out and played with
Goals this week: complete closet cleanout project
Standing in way: woman

Health 6
Friends 8
Fun 9
Environment 7/8
Personal growth 7
Finances 10
Romance 2
Work 9

KATIE
Health 9
Friends 6/7
Fun 7
Environment 8
Personal Growth 10
Finances 7

Romance 7

Work 8

WORLD TO FEEL LIKE

Carla

Harmonious

Out in nature gives glimpses; standing in a river

Much less of a living space and a living space much smaller and easier to manage

Jill

Peaceful

In the flow

Connected

Work component and physically active component gives a lot of power and ability

Andre

Smooth not bumpy

When don't have to preempt when things have a flow

Something interrupts the flow of the day > fewer interruptions / boundary setting

Lisa

Safe

Comfortable

Prosperous

Working in highest good so other things matches

What contributes to:

Fewer things in life that take up space: physical, energetic

Katie

Tied to the physical world > metaphysical