Day 1

# Week

16

# Day

1

# Day Title

The Rhythm of the Heartbeat

# Lesson Name

Sacred Embodiment: Living the Divine Through the Body

# Meme

(insert meme image)

# Summary

The heartbeat is the sacred drum of life, connecting us to the rhythm of creation. It reminds us that we are held in a field of coherence that links us to one another. When we listen to the pulse of our own hearts, we contribute to a rhythm of harmony and peace that extends beyond the body into the world.

# Daily Passage

The heart is the first sound of life. Long before we can speak or see, the steady rhythm of the heartbeat begins, pulsing in the dark as a drum of creation. That same rhythm carries us through our entire lives. It beats without our effort, marking each moment we are here. When we slow down enough to listen, the heartbeat becomes more than biology. It becomes a reminder that something ancient and intelligent is keeping time within us.

The heartbeat is both deeply personal and completely universal. Every living being carries a pulse. The same rhythm that moves through our bodies moves through the ocean tides, the rustling of leaves, the migrations of animals, and the turning of the earth. When we listen closely, we can feel the heartbeat of the world echoing our own. This is the pulse of life itself, a sacred rhythm of giving and receiving.

Modern life often pulls us out of this rhythm. We rush, plan, and strive. Our days fill with noise and urgency, and the quiet drum of the heart fades into the background. Yet even in the chaos, it is always there, waiting to be felt. When we return attention to the heartbeat, we return to the present. The pulse becomes an anchor, a teacher of stillness through motion.

The heart does not only guide us inward. It also communicates outward. Research in the field of *HeartMath* has shown that the heart generates an electromagnetic field that extends beyond the body, measurable several feet away. This field changes with our emotional state. When we feel gratitude, compassion, or love, the heartbeat moves in a smooth, harmonious rhythm known as *heart coherence*. In these moments, our nervous system, brain, and body are in alignment, and others around us can sense that balance.

When we are coherent, our heartbeat resonates with those near us. Studies show that people’s heart rhythms can synchronize when they share connection, affection, or presence. The hearts of concertgoers can synchronize, their rhythms aligning through music, emotion, and shared presence. This is not only a metaphor, it is measurable. We quite literally affect one another through the rhythm of our hearts. When we bring awareness to our own heartbeat, we are also contributing to a field of calm that ripples outward.

In many traditions, the heart is seen as the meeting place of heaven and earth. It is where spirit and body become one. Mystics and poets have long spoken of the heart not just as an organ, but as a temple of awareness. It is the seat of compassion, courage, and connection. The heart feels before the mind understands. When we listen with the heart, we begin to hear life differently.

To feel the heartbeat is to feel belonging. Each thump is a reminder that we are being held in the rhythm of existence. We do not have to control it or earn it. The heart keeps time without asking anything from us. It beats for us when we are strong and when we are tired, when we are joyful and when we are grieving. It is constant, steady, and faithful.

In times of deep silence or meditation, the heart often grows louder. We may hear its rhythm in our ears or feel it in our chest. During psychedelic experiences, some describe hearing the heartbeat of the universe itself—a vast, unified pulse that connects all beings. In that awareness, we remember that our individual heart is part of a greater whole.

The heart’s rhythm also teaches balance. It expands and contracts, just like the breath. It moves between effort and rest, strength and softness. Listening to the heartbeat helps us attune to these natural cycles within ourselves. When we live too much in the mind, we lose this rhythm. When we live from the heart, we find it again.

We can practice attuning to the heartbeat each day. Placing a hand over the chest or the pulse, we listen. We feel the gentle drum within. We let it guide us toward stillness. We might silently repeat, “I am alive.” We breathe with it. We let the rhythm remind us that we are part of something vast and sacred, something that unites us with all of life.

In this way, the heartbeat becomes a mantra. It tells us that we belong, that we are connected, and that every moment is a chance to return to love.

**Summary**

**Counterpoint**

**Sources**

**Journal Prompts**

# Alternative View

In a busy world, we can easily lose touch with our natural rhythm. Listening to the heart takes practice. Even a few moments of awareness each day can restore balance. The heartbeat never stops keeping time; we simply learn to hear it again.

# Activity

What happens when you take time to feel your heartbeat?

When does your heart feel open, and when does it close?

How might you bring your heartbeat into coherence through breath or gratitude?

When have you felt your heart resonate with another’s?

What does it mean to live in rhythm with your own heart and the heart of the world?

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# Domain

Transpersonal

# Modality

Spiritual and Energy Oriented

# 

Day 2

# Week

16

# Day

2

# Day Title

The Fire of Aliveness

# Lesson Name

Sacred Embodiment: Living the Divine Through the Body

# Meme

(insert meme image)

# Summary

# The fire of aliveness is the sacred energy that moves through all creation. It is expressed as passion, pleasure, and vitality. When we tend this inner flame with awareness, we honor the divine force that animates life. The fire does not distract from spirituality—it fuels it.

# Daily Passage

There is a spark within each of us that is older than memory. It glows in the warmth of our blood, the light in our eyes, and the quiet pulse of desire that keeps us reaching for life. This spark is not separate from the sacred. It is the sacred in motion. The fire of aliveness is the energy of creation itself, moving through the body as vitality, pleasure, passion, and joy.

For many of us, this fire has been dimmed by fear, guilt, or misunderstanding. We may have been taught that pleasure is indulgent, that passion is dangerous, or that desire leads us away from the spiritual path. Yet in truth, this fire is what animates the path. It is the force that inspires growth, creativity, connection, and love. When we learn to tend it wisely, we discover that the fire of aliveness is one of the purest expressions of spirit.

Pleasure is not only physical. It is a way of saying yes to life. It lives in the breath of fresh air after rain, in the laughter shared between friends, in the warmth of sunlight on the skin. Pleasure reminds us that we are meant to experience the beauty of being alive, not just to endure it. When we honor the body’s joy, we honor the divine pulse that created it.

In mystical traditions across the world, fire has long symbolized transformation and divine presence. The Vedic texts speak of *Agni*, the sacred flame that carries prayers to the heavens. In Christian mysticism, the Holy Spirit arrives as tongues of fire. Alchemists saw fire as the element of purification, burning away what is false so that truth could shine through. In every tradition, fire is both power and renewal.

This same energy lives in us. It is the spark that moves us to create, to love, to explore, and to grow. When we repress it, life can feel dull or heavy. When we overindulge it, it can burn too hot and leave us unbalanced. The art is learning to tend the flame; to keep it bright but steady, warm but clear. This is the spiritual practice of aliveness.

Psychedelic experiences often awaken this fire vividly. Colors, sounds, and sensations come alive. We may feel waves of energy flowing through the body, as if every cell is singing. These experiences remind us that life is inherently vibrant and that the same creative energy that shapes galaxies also breathes within us. The invitation is not to chase that intensity but to recognize it as our birthright—to live awake to that fire in everyday moments.

When we let aliveness move through us, passion becomes service. We are no longer driven by desire alone but guided by the heart. Passion fuels creativity and compassion. Pleasure nourishes the soul and reminds us of our connection to all that lives. To feel deeply, to move fully, and to burn brightly without fear is to become a vessel for divine expression.

We can begin by noticing what lights us up. What makes us feel expansive, curious, and engaged? What draws us closer to life rather than away from it? These are clues to where our inner fire wants to flow. Tending the fire of aliveness is not about constant excitement but about cultivating presence with the energy that animates us. When we live this way, even the smallest moments, breathing, walking, speaking, become luminous with life.

# Alternative View

We may fear our own fire, worried that passion or pleasure will lead us astray. Yet repression only creates distance from truth. The practice is not to control the flame, but to tend it with presence and care. When guided by the heart, the fire of aliveness becomes a force of healing, creativity, and joy.

# Activity

What does the fire of aliveness feel like in your body?

Where in life have you dimmed your inner flame, and why?

What helps you feel fully alive without losing balance or presence?

How might pleasure and passion become expressions of the sacred rather than sources of guilt?

What practices help you tend the inner fire with wisdom, warmth, and love?

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# Domain

Transpersonal

# Modality

Spiritual and Energy Oriented

Day 3

# Week

16

# Day

3

# Day Title

The Holiness of Sexual Pleasure

# Lesson Name

Sacred Embodiment: Living the Divine Through the Body

# Meme

(insert meme image)

# Summary

Sexual pleasure is an expression of the sacred force that moves through all creation. When we approach it with awareness, respect, and love, it becomes a form of spiritual communion. Sacred sexuality honors the body as a temple of divine energy and celebrates the union of body, heart, and spirit.

# Daily Passage

There is a current of life that moves through us, warm and vibrant, longing to connect, to create, to feel. This is eros, the energy of love, desire, and creation itself. It is the same force that stirs the oceans, opens the flowers, and spins galaxies into being. When we experience sexual pleasure, we are touching that creative pulse of the universe. It is not separate from spirit. It is spirit in motion.

Many of us were taught that sexual energy is something to fear, suppress, or separate from the sacred. Yet when we divide the physical from the spiritual, we forget that both arise from the same source. Pleasure is not a distraction from the divine; it is one of its languages. When we experience pleasure with awareness, we enter into direct communion with life’s aliveness.

Sacred sexuality begins with presence. It is not about performance, conquest, or escape. It is about connection with ourselves, with another, and with the greater pulse of creation that moves through all. In moments of true intimacy, the boundary between self and other begins to soften. The body becomes both temple and prayer, both vessel and flame.

Sexual energy is creative energy. It is the source of new life and new inspiration. When we honor it rather than repress or misuse it, this energy nourishes the whole being. It opens the heart, awakens the senses, and deepens our capacity for love. The body’s pleasure becomes a form of gratitude, an expression of the divine longing to know itself through touch and connection.

In many spiritual traditions, sexuality has always been revered as sacred. In ancient Tantric philosophy, the merging of masculine and feminine energies represented the union of earth and spirit. In Taoist practice, sexual energy is cultivated as a source of vitality and longevity. Even in mystical Christianity, the language of divine union often echoes the language of erotic love. When we look beyond cultural shame and distortion, we rediscover that the erotic and the holy have always been intertwined.

To experience sexual pleasure as sacred is to approach it with awareness, respect, and tenderness. It means being fully present in the body, listening to its yes and no, and allowing pleasure to unfold naturally rather than chase it as a goal. It is about intimacy, not only with another person but with life itself. When we enter into erotic connection from this place of reverence, pleasure becomes prayer.

This practice begins within. We can learn to meet our own bodies with the same tenderness we might offer a beloved. Through gentle touch, self-awareness, or breath, we explore our own aliveness without judgment or agenda. We honor the body as a living expression of love. From this foundation, all other connections become more authentic, grounded, and true.

During psychedelic or mystical experiences, many people report feeling waves of energy that move like bliss through the body. These moments reveal that pleasure and presence are deeply connected. When the mind surrenders and the heart opens, the body becomes a channel for divine energy. This is the essence of sacred eros, the realization that our capacity for pleasure is a reflection of the universe’s capacity for joy.

Sexual pleasure, when honored as sacred, becomes a way of remembering that life itself is holy. The same energy that creates the cosmos lives within us, longing to be expressed through tenderness, beauty, and connection. When we approach it with reverence, pleasure transforms from mere sensation into a living prayer of gratitude for being alive.

# Alternative View

Cultural conditioning often teaches us to separate sexuality from spirituality or to view pleasure with shame. Reclaiming pleasure as sacred does not mean indulgence or carelessness; it means presence, consent, and respect. Pleasure rooted in love and awareness becomes a healing force for ourselves and the collective.

# Activity

Reframing our perspective: How does it feel to view sexuality as sacred, rather than distinct from spirituality?

Embracing pleasure: What practices help us cultivate a sense of safety, openness, and presence in our personal experiences of pleasure?

Deepening intimacy: How can we infuse more reverence and gratitude into our intimate connections?

Self-love and respect: What would it entail to approach our own bodies with profound love and respect?

Eros as a source: In what ways can we harness the energy of eros to fuel creativity, strengthen connections, and foster spiritual development?

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# Domain

Transpersonal

# Modality

Spiritual and Energy Oriented

Day 4

# Week

16

# Day

4

# Day Title

Grounding In the Earth

# Lesson Name

Sacred Embodiment: Living the Divine Through the Body

# Meme

(insert meme image)

# Summary

Grounding in the earth is a practice of remembering that we belong to the living world. The stability and wisdom of the earth live within us. When we slow down and connect with her, we restore balance to body, mind, and spirit. Grounding roots us in the present and anchors our aliveness in reverence.

# Daily Passage

To live fully in the body is to live close to the earth. Our bones, blood, and breath all carry her imprint. We are made of the same elements as soil and stars. When we remember this, grounding becomes more than a practice, it becomes a way of returning home. The earth is not beneath us but within us, holding us in every step and every breath.

In a world that moves quickly, it is easy to drift upward into thought, technology, and disconnection. Our attention often lives in the mind while the body waits quietly below. Grounding brings us back. It invites us to feel the weight of our feet, the rhythm of our breath, the support beneath our spine. When we connect to the stability of the earth, our nervous system begins to settle. The mind softens, and we remember that we are held.

Across cultures and traditions, the earth has always been seen as sacred. Indigenous wisdom teaches that the land is alive and conscious, deserving of reverence and relationship. In yoga, the root chakra, *muladhara*, represents stability, trust, and belonging: the foundation from which all growth arises. Christian mystics spoke of the holiness of creation and the divine presence woven through matter itself. No matter the language, the message is the same: the earth grounds spirit in form.

Grounding in the earth is both physical and spiritual. When we walk barefoot on the ground, the body exchanges energy with the planet. This simple act, known as “earthing,” has been shown to regulate stress, improve sleep, and balance the body’s rhythms. But beyond the science, there is mystery. The earth knows how to absorb and transform what we release. When we place our attention downward, we can feel her steadying presence, quiet and unconditional.

We can practice grounding anytime. We might pause to feel the soles of our feet, noticing the contact between skin and surface. We might breathe as if the inhale rises from the earth through the body, and the exhale returns our energy to her embrace. We can sit beneath a tree, lean against a stone, or touch the soil with our hands. These simple gestures root us in the present and remind us that we belong to something vast and alive.

Psychedelic experiences often bring renewed connection to the earth. Many people describe feeling her heartbeat beneath them, sensing the pulse of life in every plant and stone. The boundaries between body and planet soften, revealing that we are not guests here, we are extensions of the same living intelligence. This awareness can transform how we move through the world, inspiring reverence, care, and humility.

Grounding does not mean being heavy or rigid. It means being steady, balanced, and fully present. Like a tree, we can root deeply while reaching toward the sky. The more we connect to the ground, the more freely energy can move through us. Stability does not limit our growth; it supports it.

When we are grounded, we meet life with calm strength. We can feel emotion without being overwhelmed, act with clarity rather than reaction, and listen to intuition without losing center. Grounding allows us to embody both stillness and movement, just as the earth holds both solidity and change.

Each day, we can return to this practice of remembering our roots. By grounding in the earth, we ground in ourselves. The body, the planet, and the spirit become one living field of connection. When we walk with awareness of this truth, every step becomes a gesture of gratitude.

# Alternative View

Sometimes grounding can feel uncomfortable, especially if we are used to living in the mind or avoiding sensation. It may take time to feel safe enough to fully inhabit the body. Patience and gentleness are part of the practice. The earth asks nothing from us except our presence.

# Activity

What helps you feel grounded and connected to the earth?

When do you feel most disconnected from your body or from nature?

How might you bring more awareness to the ground beneath your feet each day?

What emotions or sensations arise when you connect with the earth’s stability?

In what ways can grounding become a daily act of reverence and belonging?

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# Domain

Transpersonal

# Modality

Spiritual and Energy Oriented

Day 5

# Week

16

# Day

5

# Day Title

Listening the the Body’s Wisdom

# Lesson Name

Sacred Embodiment: Living the Divine Through the Body

# Meme

(insert meme image)

# Summary

The body holds a deep intelligence that guides us toward balance, truth, and integrity. When we slow down and listen, we discover that the body communicates clearly through sensation and emotion. Honoring this wisdom reconnects us with presence, trust, and spiritual alignment.

# Daily Passage

The body is always speaking. It speaks in sensations, in rhythms, in the quiet knowing that rises beneath words. It tells us when we are safe, when we are pushing too hard, when something feels aligned, and when something feels off. Long before the mind can explain, the body already knows. Learning to listen to this wisdom is one of the most sacred acts of self-trust we can practice.

Many of us have learned to live from the neck up, valuing thought and logic over intuition and sensation. We override the body’s messages with reason or habit. We push through fatigue, ignore discomfort, and silence emotions. Yet when we do, we lose access to a deeper intelligence. The body does not speak in words but through feelings—tightness, expansion, warmth, heaviness, ease. These are not random sensations; they are messages from within.

Listening to the body is a spiritual practice because it brings us into the present. Each breath, each heartbeat, each subtle cue is an invitation to come home. The more we listen, the more fluent we become in the body’s language. We begin to sense which choices bring aliveness and which drain it, which relationships nurture our truth and which ask us to shrink. The body is our compass, always pointing us toward integrity.

In somatic and contemplative traditions, the body is seen as an instrument of awareness. When we feel tension or pain, it is not an enemy but a signal asking for attention. Emotions, too, live in the body. Grief might sit in the chest, anxiety in the belly, joy in the heart. When we meet these sensations with curiosity rather than judgment, we create space for them to move and release. The body knows how to heal when we stop interrupting its process.

Psychedelic and mystical experiences often heighten this awareness. Many describe feeling their bodies as pure vibration, as living fields of energy and communication. After such experiences, integration requires returning to this sensitivity in daily life—listening for the subtle cues that show us how to care for ourselves and live in truth. The wisdom of the body is not something we must acquire; it is something we remember.

Listening deeply to the body also helps us discern between fear and intuition. Fear tightens, contracts, and pulls us away from connection. Intuition feels steady, grounded, and calm, even when it asks us to do something uncomfortable. By noticing these sensations, we learn to trust our inner guidance rather than seeking answers outside ourselves.

The body’s wisdom is not only personal but relational. When we are attuned to our own signals, we can sense more clearly what others are feeling. Our empathy grows. We can feel the emotional “temperature” of a room, or the energetic exchange between people. This sensitivity can guide us in how to show up with compassion, authenticity, and boundaries.

To listen to the body, we must slow down. We might place a hand over the heart and ask, “What do I need right now?” We can pause before making decisions and notice how our bodies respond. A yes often feels like warmth, openness, or expansion. A no may feel like tension, heaviness, or contraction. Over time, these subtle cues become a steady form of guidance.

The more we honor the body’s messages, the more it trusts us to hear them. When we treat our bodies as sacred messengers rather than obstacles, they become allies in awakening. Listening to the body’s wisdom is listening to the divine that speaks through flesh, breath, and bone.

# Alternative View

For many of us, listening to the body can be difficult if we have experienced disconnection, trauma, or mistrust. This practice requires patience and gentleness. We begin with small moments of awareness, allowing safety to grow naturally. Listening to the body is not analysis but relationship.

# Activity

What sensations arise most often in your body, and what might they be trying to tell you?

When does your body feel like a safe place to be, and when does it not?

How can you practice slowing down to listen before reacting or deciding?

What does yes feel like in your body? What does no feel like?

How might you begin to treat the body as an intelligent, sacred guide rather than something to control or fix?

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# Domain

Transpersonal

# Modality

Spiritual and Energy Oriented

Day 6

# Week

16

# Day

6

# Day Title

Walking As a Sacred Being

# Lesson Name

Sacred Embodiment: Living the Divine Through the Body

# Meme

(insert meme image)

# Summary

Integration is the art of living spirituality through embodiment. It means bringing awareness, love, and reverence into the small moments of daily life. When we walk as sacred beings, we remember that divinity is not somewhere else—it is here, within and around us, pulsing in every breath and every step.

# Daily Passage

There comes a moment on every path when the practice is no longer something we visit but something we become. After exploring the breath, movement, the senses, touch, and the wisdom of the body, we begin to understand that spirituality is not somewhere outside of us. It is lived through us. Every step, every gesture, every breath becomes an expression of the sacred.

To walk as a sacred being is to move through the world awake. It does not require perfection, only presence. When we walk, we feel the ground beneath us and remember that the earth holds us with every step. When we breathe, we remember that the same air moves through all living things. When we move, we remember that life is moving through us.

Integration is not about adding more to our practice; it is about embodying what we already know. We begin to notice that the divine is not only in stillness or ritual but in the ordinary moments that fill our days. Washing dishes, sharing a meal, or speaking with a friend all become opportunities to express love, awareness, and gratitude.

When we walk with this awareness, the body becomes a temple of prayer. Each motion carries intention. Each step is an offering. We walk not just to get somewhere but to participate in the rhythm of life itself. As Thich Nhat Hanh teaches, when we walk mindfully, we kiss the earth with our feet.

Integration also asks us to honor the body as our spiritual home. It is through this body that we feel, experience, and connect. By listening to its wisdom, tending to its needs, and allowing it to express freely, we honor the divine intelligence that created it. To live in this way is to blur the line between spiritual and physical life until they are one continuous flow.

There will still be moments of forgetting. We may drift back into old patterns, numbness, or distraction. Integration is not about never leaving presence; it is about remembering how to return. Each time we notice our breath or feel our feet on the ground, we come home again. This returning is the practice.

Psychedelic and mystical experiences often open us to profound connection and awareness, yet the real transformation happens afterward, in the integration. It is in the quiet, daily choices where insight becomes embodiment. When we bring sacred awareness into how we live, love, and move, the extraordinary becomes ordinary, and the ordinary becomes holy.

To walk as a sacred being is to live with reverence. It is to see the divine reflected in every face, every tree, every breath of wind. It is to move through the world as a participant in creation, not a separate observer. When we live this way, life itself becomes a prayer, and the body becomes its instrument.

# Alternative View

It is easy to forget that the sacred lives within the ordinary. We may look for transcendence while missing the holiness of what is already here. Integration invites us to slow down and remember that presence is enough. Every step can become a prayer when we walk with awareness.

# Activity

What does it mean for you to walk as a sacred being in your daily life?

How can you bring more presence and reverence to the ordinary moments of the day?

When do you feel most connected to the sacred within yourself?

What helps you return to awareness when you drift away from it?

How might your relationships, work, or creativity shift if you saw them as part of your spiritual practice?

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# Domain

Transpersonal

# Modality

Spiritual and Energy Oriented