

The Dark Garden

The darkest emotions live in the darkest places of the body. Shame curls in the belly. Rage burns in the jaw and hands. Envy coils around the heart.

Think of a “forbidden” emotion you carry. Where does it live?



Mark the figure above:

- Draw FIRE where rage burns
- Draw POISON IVY where envy coils
- Draw a CAVE or DARK POOL where shame hides

These emotions are not bad. They are **information**. What are they telling you?