

Welcome to The Living Song!

Hello adventurers of inspiration!

A little note from me Ayla, to say WELCOME. I am so honored to embark on this journey with you, and so delighted to have your presence woven into this group, as we explore the realms of our creativity, our edges, our awareness, our inner listening for what beauty is ours to give and share and create.

A few things, as we start this adventure...

1) IT BEGINS

The moment you make the commitment to join this course, you begin this journey of creative opening. So ***I invite you to pay attention to your inner or outer life, and see what might be ready to shift, or already shifting.***

This could look like doubts or fears coming up, or challenges, or increased vision and flow, or tightness... notice what feels alive in your body, and what feels stagnant. Notice what brings tension, and what brings easy breathing.

Each of us is on our own unique journey, so pay attention to what's coming up around and within you. Be an observer to your own experience. Don't judge it or analyze it — just notice it. Get really curious about yourself, your thoughts, your emotions. As though you're observing a fascinating creature. This is our primary frame for this journey. Curiosity.

2) TAKE NOTE

Please begin to keep a notebook of your experiences. This will be very helpful for the whole course!

Start writing whatever is coming up for you — fears, anxieties, contemplations, revelations, insights, insecurities... any and all of it.

Don't try to write anything profound or amazing. This practice is for the PROCESS of writing, not the outcome. More on that soon ;)

If you like, you can answer some or all of these questions:

- What in my life feels challenging/constricting? What in my life feels relaxing/inspiring/heart-opening?
- In my wildest dreams of living, what does my life feel like? What emotions do I experience every day?
- If I could create anything, what would it be? What would it feel like to create like this?
- Name 8 things that are wonderful about who you are.

3) THE COURSE

All course content is on **The Living Song Course Portal** within each Session page:

<https://aylanereo.com/the-living-song-course-portal>

password for Portal: **songoflife**

The Living Song Forum and Facebook Group are places for us all to share our insights, creations, and practices along the journey. Feel free to share bits of your creative unfolding with the group (this group is made of folks who did the live course, as well as new participants just joining the journey!)

Living Song Forum: <https://aylanereo.com/the-living-song-course-portal>

Living Song Facebook Group: <https://www.facebook.com/groups/thelivingsong/>

4) AGREEMENT

By joining this course, I am agreeing to never share these private course links, videos, or pages with others.

I also agree not to publish any of these exercises or practices in a book, etc. I can share anything that has inspired me, and may share one or two of Ayla's practices and exercises in small personal groups, as long as I give credit to Ayla Nereo & The Living Song course (or if Ayla has shared something from another, to give credit to that person/source).

By joining this course I have agreed to the above.

If you have any concerns or questions about this agreement, please email mgmt@aylanereo.com.

5) WELCOME

I am so honored to have you join this journey.

With great love ~ Ayla