

☆☆☆ Discover Your Divine Needs ☆☆☆

What feelings and sensations in your body help you identify a need most alive in you? *Consider emotions as energy in motion.*

Where and how do needs *live* within you? Which needs do you connect with along your central energy centers (chakras)?

Is there any resistance to or judgement of a particular need, positive or negative? Perhaps there is a story, message or memory associated with its significance.

What are *your* core needs? Attuning to our needs and values allows us to attune to the needs and values in others—self-empathy begets empathy.

What does it mean to know you? It is acceptance that leaves room for change but also affirms your unchanging goodness, your deep perfection. Not as you were, not even as you are, but as you have always been and always will be. I am the keeper of your reality.

—Prather & Prather, *Notes to Each Other*
