

- 3.** Time to get out your pen again. Draw a dot in the centre of a page. Let the dot represent something in your life with which you are not living lightly. It could be a relationship, an aspect of yourself, a project from work... whatever. From this point, draw rays outward which all represent ways that you could live more lightly with it; label each ray. When you are done, go around the circle, from ray to ray and ask yourself what stops you from choosing this option. For each one, record next to it what it is that you are not trusting. Then go around the circle one more time and consciously decide which option(s) you will now choose from a place of trust. If none of the options feel viable, keep drawing rays until your ray of lightness appears.

