

** indicates a required field*

*** I am blooming as a flower, I feel fresh as the dew.**

- Not at all experiencing right now
- Somewhat experiencing right now
- Definitely experiencing this right now

*** I feel solid as a mountain, firm as the earth.**

- Not at all experiencing right now
- Somewhat experiencing right now
- Definitely experiencing this right now

*** I am a calm lake, water reflecting what is real, what is true.**

- Not at all experiencing right now
- Somewhat experiencing right now
- Definitely experiencing this right now

*** I feel there is space deep inside of me, I am free.**

- Not at all experiencing right now
- Somewhat experiencing right now
- Definitely experiencing this right now