



Session 2 Prep work for CK Professional

Challenging People

We would like you to list one or two people in your life who you find challenging.

Write down a few reasons why you find them challenging.

What qualities/traits/behaviours do they have that make them challenging?

Pick one person and think about their energy – imagine you could observe them from the chakras going through each one and consider how easy/challenging it is for them in this area of life.

Eg – do they find it easy/difficult to ...

- Root – feel safe/grounded
- Sacral – be playful/creative/affectionate
- Solar Plexus – have self-esteem/control/power
- Heart – give and receive love
- Throat – clearly express their feelings/emotions
- Brow – be open minded/imaginative/logical
- Crown – accept a bigger picture eg religious/atheist/agnostic/big picture?

(This information is confidential – you will not be asked to share personal details in class).

Awareness

After completing the above sit in quiet, reflective meditation and observe your feelings/thoughts about this person's energy... any thoughts/feelings/sensations **in your body** that you observe when you think about them. Remember to connect to the curious mind rather than the analytical one.

Mandala Meditation

You will notice that we have enclosed below a **Mandala for you to print** as we will use this in the session. Please be prepared to colour it in class.

Mandala Meditation

My intention is...

