Awakened
LIFE SCHOOL

Discovering Co-dependent Patterns

Energy Imbalance	What it might look like	Emotional and Energetic Imbalances	Soul-ution
Pushing (heavy)	• Over-working • Over-giving • No space for intimate connection • Always wanting to be "right" • Fighting with others	• Anger • Rage • Frustration with _____ • Exhaustion	• Embodied Meditation • Relaxing and just "being" • Sharing intimate feelings with others (connecting) • Leaning back
Pulling (light)	• Feelings of being separate • Longing for another person • Needing constant validation • Cup is never full • Addiction • Not being met	• Fear of intimacy • Inability to express ones-self • Contracted energy • Depression • Depletion	• Grounding • Contemplate contentment • Full deep breathing/ toning or singing to "drop in" to ones-self • Learn to communicate clearly • Self - Love Practices
Ascension/ Identity Issues (relationship with self)	• Holding lots of perspectives but not landing one • Trouble making decisions • Communication Breakdowns	• Confusion • Social discomfort • Lack of ability to name your feelings or needs	• Inquire as to who you really are on a spiritual level • Make peace with your past • Work with a (grounded) spiritual mentor
Escapism (Not relating)	• Not present • Future Tripping • Bypasses often	• Detachment • Blaming / deflecting	• Practice xpressing feelings • Learn to feel safe in your body • Make healthy choices

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