

## **E - Energetic Experiences**

“By living fully, in the moment, and being the vibrant creation that we are, we feel a deep connection with all there is in the world. This feeling of connection affects our actions, thoughts and feelings. We have had many different types of encounters. Some of these encounters have been joyous and meaningful, filled with love. Others may have been painful, challenging and ultimately enlightening. We leave behind the complexity, depth, and intensity of what we have lived.”

Dr. Michael Obsatz

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Tell a childhood experience you felt you were “living in the moment.”**
- 2. Share about an experience of feeling so connected to someone, or something, that touched your heart and/or soul.**
- 3. Share one thing in your life that energizes you, makes you feel alive.**