

STUDIO STEFAN JOVANOVIĆ

Contemplation 1

Do I have a sense of what is too much for me, can I express that?
Or did I not get enough of something in my life, and do I know how to ask for it?
Did something overwhelm me because it came too fast or too soon and I didn't know how to stop it?
Or have I been yearning for something that never came?

Contemplation 2

Is your mind friendly and supportive toward your body? Or is it critical and dismissive?
Does your mind listen to or override your body's needs?
Does your mind believe that it is more important than your body?
Is your mind disappointed by your body?
Is your mind interested in getting to know your body?

How does your body relate to your mind?
Does your body feel welcomed, protected, and safe in the care of your mind?
Does your body feel your mind listens to it?
Does your body feel judged by your mind?
Does your body fear your mind's judgements?

Is there a message your mind has for your body?
How can your mind help your body?
Is there a message your body has for your mind?
How can your body help your mind?