

**chapter four**



**float**

Can you believe it? Is it even possible after what you've been through? How can we even ask you to consider that "life is easy?" Do you need a shower after the last chapter so we can move on? This chapter is the grown up sister of "Spark Your Heart" (chapter one.) Now you can explore the sparks of your heart with experience, tools and knowledge under your belt. Up until now you might have been living on auto-pilot, a product of conditioning, a reaction to childhood. Now you've come to a place of true adulthood symbolized by making choices based on desires, real nourishment and *please*—joy. This is where we fan the flames to illuminate the simplicity of your personal truth. You know more now. You feel more now. Where do you want to go?

*Quickly answer these questions (don't think too much):*

Satisfaction=

Courage=

Easy=

Flow=

Inspired=

Passion=

Simple=

Allow=

Trust=

Letting go=

No-brainer=

