

## Thought/Feeling

**Think about your favorite place.**

What does it look like? What do you see?



**Now, imagine with all your senses that you are there, in your favorite place.**

What do you smell? What do you hear?

What do you feel on your skin, your face, your feet?

How does your body react to being in your favorite place?

How does being in your favorite place make you feel?



## **Thought/Feeling**

**What do you notice about combining thoughts with feelings?**

**In your experience, what impact does this have on the Law of Mind/Action  
(Thoughts held in mind produce after their kind)?**