



If I asked you to explore what
'joy'
looks like, how would it appear?

Take a few breaths, nothing forced and
imagine what it feels like when it lands in
your body, where do you feel it? What
does it look like?



[olea.creativetasmania](https://www.instagram.com/olea.creativetasmania)

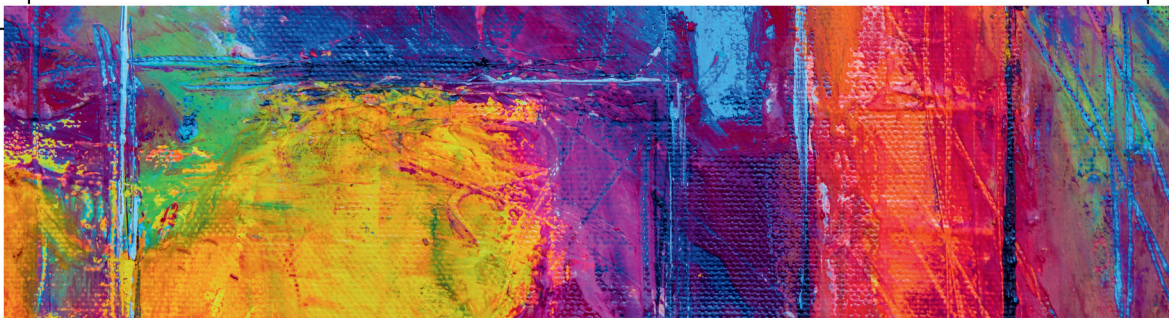


If I asked you to explore what
'anger'
looks like, how would it appear?

Take a few breaths, nothing forced and
imagine what it feels like when it lands in
your body, where do you feel it? What
does it look like?



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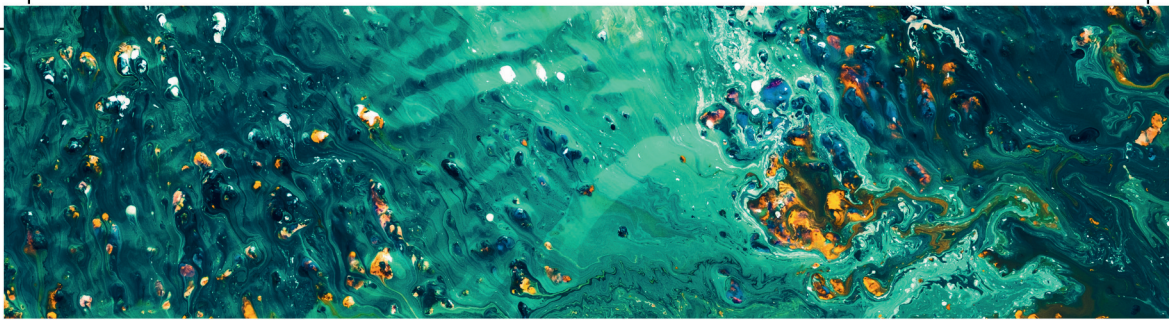


If I asked you to explore what
'connection'
looks like, how would it appear?

Take a few breaths, nothing forced and
imagine what it feels like when it lands in
your body, where do you feel it? What
does it look like?



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If I asked you to explore what
'fear'
looks like, how would it appear?

Take a few breaths, nothing forced and
imagine what it feels like when it lands in
your body, where do you feel it? What
does it look like?



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If I asked you to explore what
‘playfulness’
looks like, how would it appear?

Take a few breaths, nothing forced and
imagine what it feels like when it lands in
your body, where do you feel it? What
does it look like?



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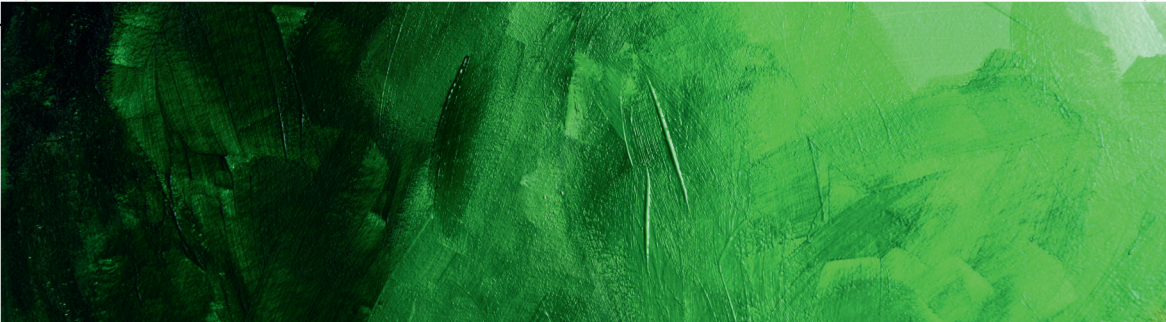


If I asked you to explore what
'impaitence'
looks like, how would it appear?

Take a few breaths, nothing forced and
imagine what it feels like when it lands in
your body, where do you feel it? What
does it look like?



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If I asked you to explore what
'patience'
looks like, how would it appear?

Take a few breaths, nothing forced and
imagine what it feels like when it lands in
your body, where do you feel it? What
does it look like?



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