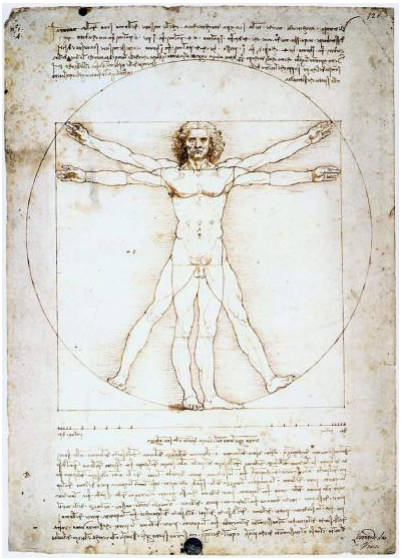
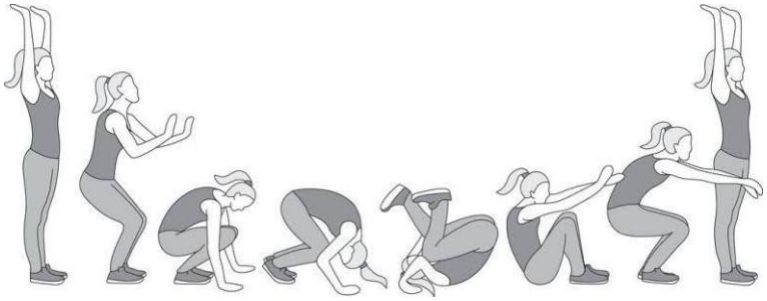
As a preparation, please familiarize yourself with these images.
We will be using this terminology in the guided meditation, so we need a common vocabulary...

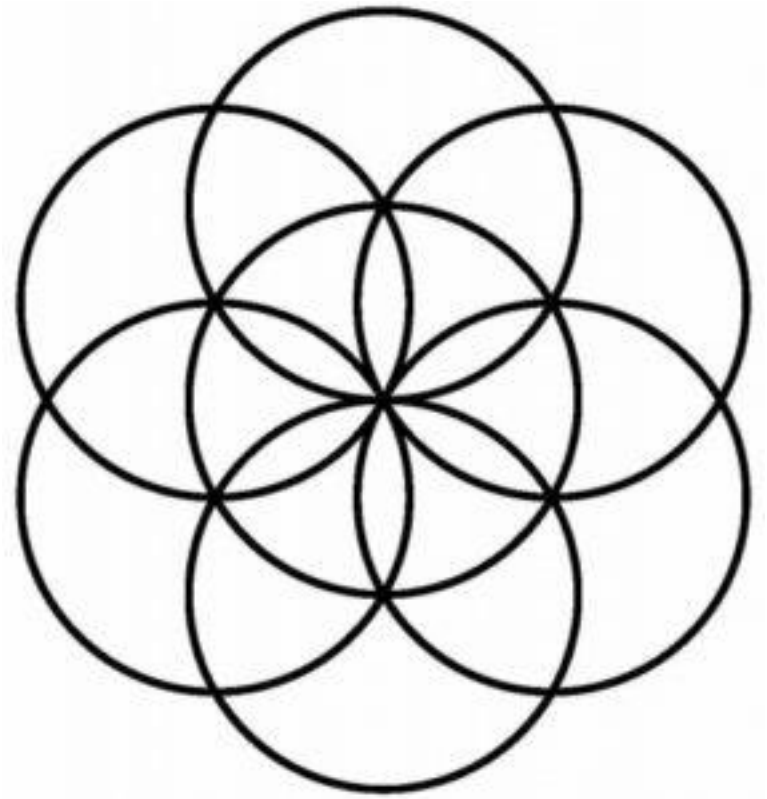
1) The Vitruvian Man drawing by Leonardo Da Vinci:



2) Forward & backward somersaults:



3) Cartwheels:

4) Spinning or twirling:

5) The Flower of Life—don’t get caught up on the complexities of this image; just notice how there is a central circle then 6 circles around it: