

# Recognizing What Authentic Teaching Feels Like

Have you had the experience of feeling like what you are doing is aligned with your authentic self?

- What did you notice about your thoughts and feelings?

- What did it feel like in your body?

Have you had the experience of trying to be like someone else or doing something the way you thought you should, but it felt misaligned with who you are?

- What did you notice about your thoughts and feelings?

- What did it feel like in your body?