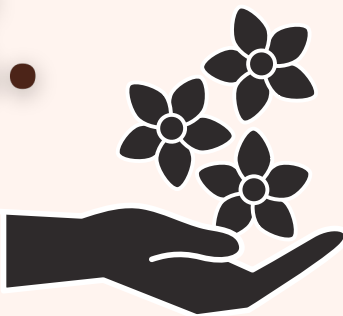


RELAX. RELATE. RELEASE.



Relax | Breathe

There is something physical, spiritual and mental about “the breath.” Yoga focuses on breathing. Meditation teaches you focusing on the breath calms the mind, reduces stress, and enhances overall well-being. When anxious, we are encouraged to “take deep breaths.” There is something cleansing ... something healing ... something restorative about the breath. It is a gift we take for granted.

Take a moment to still yourself. Listen to your breathing. Deepen it. Notice how you feel. When you are ready, close this moment with a prayer of thanks for the moment - and for clarity.



Relate | Journal

To relate means to make or show a connection; to feel sympathy; to identify with. A connection implies association, and/or understanding. How do you “relate” to **joy**? How do you relate to **adversity**? Is your glass half **empty**, or half **full**?

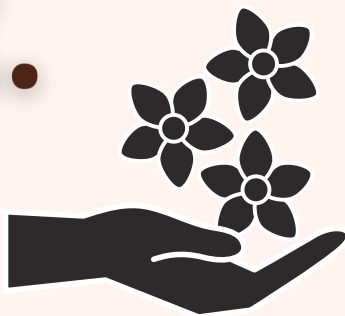


When you are ready, close this moment with a prayer of forgiveness - for yourself AND those who caused pain. Pray with intent. Notice how you feel.

As you navigate through your experiences, remind yourself, there is no “right answer.” There is only your answer. There is also no “right” way to feel. This is designed to get you to get through it. If you aren’t sure - that is OK.

Take a moment to write your thoughts. Reflect on what you write. What do you think about it? Be mindful. Words are powerful and have great meaning. Make it an iterative process that will adjust as you heal. If it is really bad - burn it! Then, just write your action plan and important facts to note as your reference of growth! We will not create blackmail content!

RELAX. RELATE. RELEASE.



Release | Intentionally

We all have baggage. Some have garbage bags. Some have Birkin bags. What are you holding onto today that has no benefit to you? What hurt still lives fresh in your heart? What disappointment guides your decisions? What past lives in your present? It is not always easy to answer these questions - but you know the answers.

Today, purpose to have an Elsa moment. Let it go! Even if it was intentional. Even if they are not sorry. The rent that is being paid by your peace - is like NY rates! Is it worth it?

The reality is we don't forgive for the offender. We forgive so that we can heal. It is almost never easy. Regardless, it is essential. So. Whatever it is - maybe just one at a time, one a day, or one a week - let it go. Reclaim the space it stole. Use that space for something you truly value. Something to bring you fulfillment. It is OK if you haven't identified what fulfillment might be. The thing about "creating space" is - we find replacements. Guess what? "Nothing" is also something. It is fine to just have open space.

When you are ready, close this moment with a prayer for direction and wisdom. Notice how you feel.

You are ready now. So. Get back to work. We have so much to do.

Be well.



Let's
Grow
Together