A New Year Reflection

gentle + self-paced

~30-45 min

From year to year we may observe passing into a new year in various ways.



Maybe we set goals, form resolutions, create vision boards, focus on a theme, word or image, or offer up a prayer. Maybe we do nothing + choose to sail plan-less but present into the newness.

Wherever you find yourself in this moment, here are some reflection prompts + rituals to support you.



What do we need to grieve, let go of, be grateful for, bring with us and open ourselves to?



2020 has been challenging to say the least.

And the holidays feel a little different.

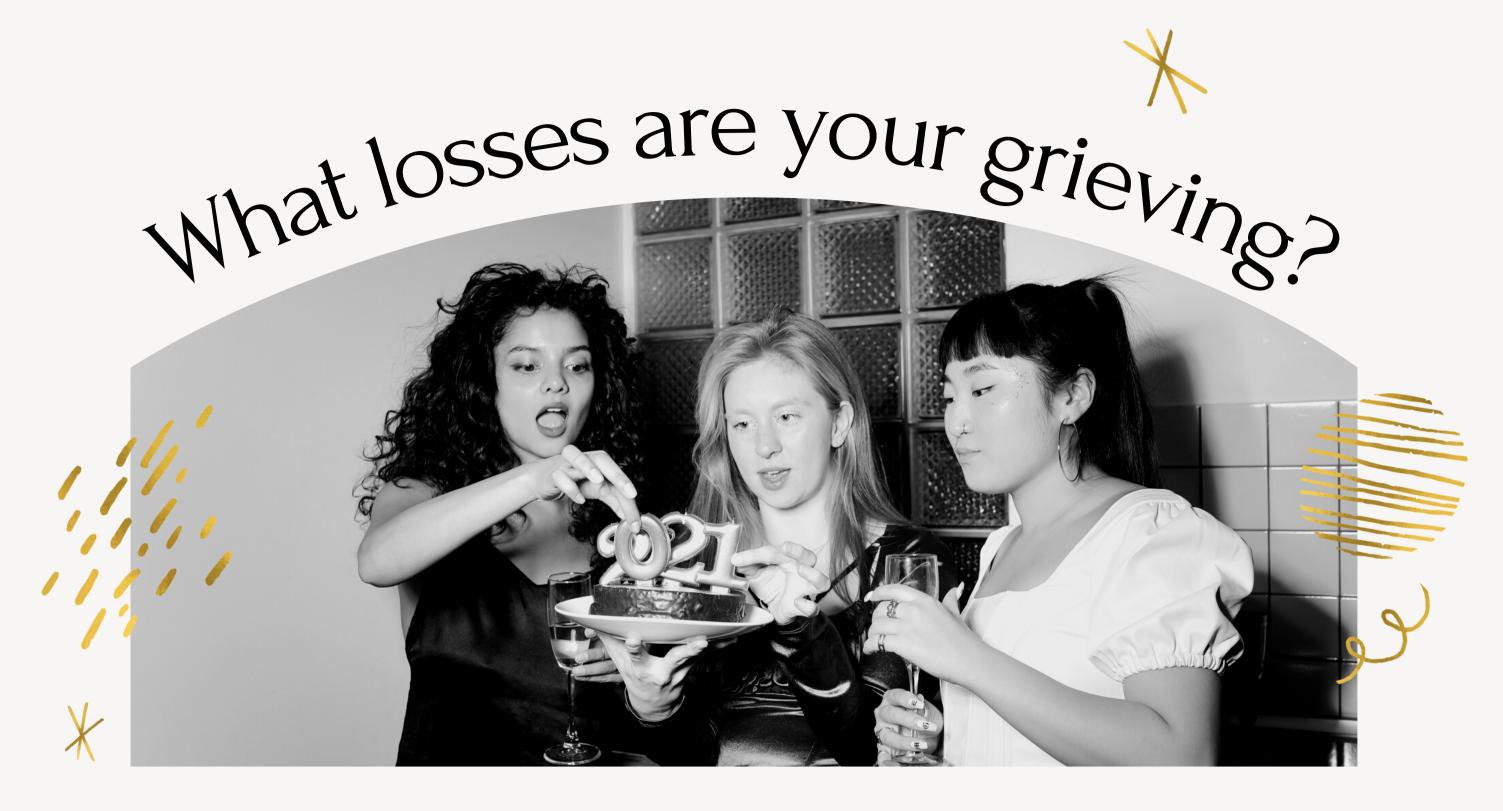


Grab a pen + paper.

Find a quiet space + comfy chair.

BEGIN:

Breathe deep + slow for 1 minute.



Write them down + simply allow yourself to feel the loss.

Feel also the strength of the chair beneath you + faithful support of your breath as the thoughts + feelings move through you.



What is one thing you want to let you of from 2020?

Prife this down + then crumple the paper + throw it away to symbolically say goodbye.

What was a silver lining, surprising joy, new insight, or meaningful experience in 2020 that you want to bring with you into 2021? Write them down + tuck the paper somehwere you'll see often.



What do you need to receive this year?

Who do you want to keep becoming?











Wishing you a safe, peaceful year as we coninue to open ourselves to the unknown gifts of 2021!

