

## OUR HEARTS AND SPIRITS ARE TEMPLES OF LOVE - THE SACREDNESS OF VULNERABILITY

### Quote

“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.”

“We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering with trust, respect, kindness and affection. Love is not something we give or get; it is something that we nurture and grow... we can only love others as much as we love ourselves.”

“...I’m learning that recognizing and leaning into the discomfort of vulnerability teaches us how to live with joy, gratitude and grace.”

— Brene Brown, *The Gifts of Imperfection*

### SELF-REFLECTION PROMPT

In her book *Daring Greatly*, Brene Brown further expands on the concept of vulnerability writing that it “sounds like truth and feels like courage. Truth and courage aren’t always comfortable, but they’re never weakness.” You’re invited to take a step back in a space that you feel comfortable and safe. Reflect on your life, lived experiences and emotions, taking time to specifically process your personal pregnancy and abortion experiences.

What have you internalized about the concept of vulnerability? What makes you feel vulnerable about your story? As you reflect on your pregnancy/abortion experiences before, during, and after, what do you feel? What makes you feel most loved? How do you express love to others? To yourself?

As you rest in contemplation processing these reflections, breathe out any fears and lies that you discern. Breathe in the truth of this statement (also from Brene Brown), which you are actively participating in by being present here: “I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do.”

## ACTIVITY

To further own our stories, it is helpful to take a physical action as it helps the mind/body/spirit connection. Light a candle, open a window, or even outside barefoot choose one or more activities to help in your processing:

- Write in a journal your reflections based on the questions above. No need to worry about grammar, this is just for you. If you can use paper and a pencil/pen to aid even deeper in the processing.
- Draw, paint, or create another visual representation that illustrates for you what you have been contemplating regarding your story and emotions, and what love looks like and means to you.
- Record audio or video of yourself processing through these reflections. These are just for you - you can create a private folder in an email no one knows about if you are concerned about privacy.

If you're wondering more about how you receive or express love, check out Gary Chapman's [The Five Love Languages](#).