

INCLINING TOWARDS THE LIGHT - THE BRAVERY OF LIVING IN GRACE

Quote

You already know
That the light lives in your heart
Because the mystery is the light, your light, my light
And the light of hope and forgiveness
Hopefully, hopefully... Hopefully, hopefully

-Piero, Ojalá (Hopefully)

SELF-REFLECTION PROMPT

As the final week of the retreat approaches its close, spend some time in stillness and silence to become aware of your heartbeat, thoughts, and emotions. Reflect back on the past several weeks spent cultivating reverence for yourself: mind, body, and spirit, and your abortion experience.

Visualize your goals and desires, and contemplate the following:

- What does moving forward look like for you?
- What do you want to let go of/leave behind?
- What does inclining toward the light mean for you?
- How have you experienced grace (possibly from others)?
- What does giving grace to others mean to you?

Record your reflections in some manner, written, visual, or audio. It will serve you to look back on in the coming days, weeks, months, etc.

ACTIVITY

Go outside or open your window. If you're up for waking up early, head outside just before sunrise. Stay attuned to your thoughts and emotions. Take in your surroundings, trying to focus on the first light, then on the lightening of the sky as the sun rises. If the sun is already up in the sky as you head out, take note of the sensation of the sun on your face. Give yourself 20-30 minutes to be outside or by the window and basking in the light of the sun. When you are comfortable, plant your feet firmly on the ground and stretch your arms out and over your head, then bring each arm across the opposite side of your body to firmly embrace yourself. Tell yourself (aloud or in your head) "I am valuable. I am loved. I am not alone." Breathe deeply between each phrase. Repeat until you feel valuable, loved, and not alone.