

CELEBRATING AND HONORING OUR INTRINSIC SACREDNESS

Quote

Show up and choose to be present.
Pay attention to what has heart and meaning.
Tell the truth without blame or judgment.
Be open to the outcome, not attached to the outcome.

~ Angeles Arrien, *The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer and Visionary*

SELF-REFLECTION PROMPT

We were born perfectly good, sacred and glorious. That is how we were and are meant to be. Through the challenges and struggles of life we have been given and internalize different understandings about ourselves. And our opportunity, our invitation, is to find our way back to the goodness, sacredness and glory that is our birthright. Spend some time journaling or painting/drawing your images/ideas of how you will show up, pay attention, tell your truth and be open to the outcome these next 6 weeks. This exercise will be helpful to come back to throughout our time as a reminder of our deepest desires for community and finding our place within it.

Week 1 Prompt

ACTIVITY

Create a small altar in your room. Find some items that help you center yourself and remind you of your goodness. It could be a shell, a stone, a candle, an image/painting you really love, a picture of a loved one - beautiful things. Altars can tell stories to you about yourself, center you when you are feeling “off” and welcome you back to your goodness when the world is trying to distract you. You can add/subtract to your altar whenever you wish. And it is there to welcome you as you envision the life and the world you want.