

- When do we stretch ourselves?
- When do we extend past our comfort zones and when do we realize we're overdoing it and soften instead?
- What is the difference between stretching into growth and change and becoming stretched thin?
- What do you sense arising for you rather than taking effort? How do the two feel differently in your body—"arising" and "effort"?
- Are you listening to your longing?
- What are you most missing in your life? How might you give that thing away?
- What happens when you start from center? What happens when you start where your feet are?
- What are you neglecting that needs a little care and attention?

When we take small time every day to tend to our own needs, to take care of ourselves, to pay attention to the invitation that is offered each day to step into the sacred, to keep company with the holy, to breathe the breath of grace, things heal. It doesn't have to take very much to give ourselves what we need, so let's bring that into Center, let's bring that into the front of our lives, let's decide we're worth it.

#30DaysofGoddess



Bright's Grove

- When do we stretch ourselves?
- When do we extend past our comfort zones and when do we realize we're overdoing it and soften instead?
- What is the difference between stretching into growth and change and becoming stretched thin?
- What do you sense arising for you rather than taking effort? How do the two feel differently in your body—"arising" and "effort"?
- Are you listening to your longing?
- What are you most missing in your life? How might you give that thing away?
- What happens when you start from center? What happens when you start where your feet are?
- What are you neglecting that needs a little care and attention?

When we take small time every day to tend to our own needs, to take care of ourselves, to pay attention to the invitation that is offered each day to step into the sacred, to keep company with the holy, to breathe the breath of grace, things heal. It doesn't have to take very much to give ourselves what we need, so let's bring that into Center, let's bring that into the front of our lives, let's decide we're worth it.

#30DaysofGoddess



Bright's Grove