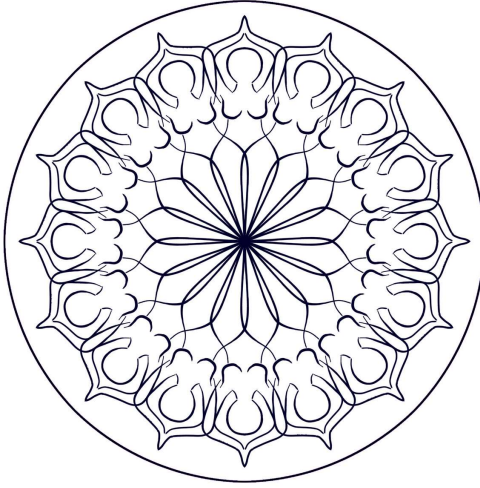


# Reminders for #30DaysofGoddess

1. Keep it simple.
2. Keep it small.
3. Keep it nurturing/personally meaningful.
4. Trust the joy and yourself.
5. Keep your promises to yourself.
6. Commit to a daily practice of some kind.
7. Follow the inspiration.
8. There is no behind and no right way! (Really!)
9. Trust the Goddess/the Sacred to show up in some way, every day.
10. Remember: *you are your own sacred space*. At any time or want to catch up with, you can lay a hand on your heart and come home to yourself. Center yourself back into presence, feel the pulse of the sacred that connects you to it all, and remember that you belong.



Brigid's Grove

## Prompts

- |            |              |
|------------|--------------|
| 1. Center  | 17. Act      |
| 2. Gather  | 18. Love     |
| 3. Move    | 19. Need     |
| 4. See     | 20. Grace    |
| 5. Reflect | 21. Contain  |
| 6. Respect | 22. Patient  |
| 7. Change  | 23. Clarity  |
| 8. Chance  | 24. Space    |
| 9. Hold    | 25. Walk     |
| 10. Know   | 26. Enchant  |
| 11. Soar   | 27. Pleasure |
| 12. Soft   | 28. Imagine  |
| 13. Care   | 29. Nestle   |
| 14. Focus  | 30. Wander   |
| 15. Watch  | 31. Begin    |
| 16. Attune | (Connect)    |

I release my need to contain or control and look out at the world as it is whole and holy (just like me).

You are surrounded by the touch of the sacred. The earth you walk on. The air you breathe. The water you drink. Your heart that beats. There is the touch of the sacred in all things.

Today, we nestle into the heart of change, letting ourselves feel surrounded by support, encouragement, and inspiration, turning within an endless cycle of being and becoming.

I step into the pervasiveness of grace. I accept the invitation to begin again.

May I listen and know, may I change and grow.

I feel the sacred flame that burns within, irrepresible and wild.

Daily practice helps us prepare a space for ourselves and the holy to meet in the every day.

May we persist in seeing through eyes of magic, the many small enchantments, ordinary marvels, and tiny miracles alive and present in every day.

Take a deep breath, open your eyes, rest one hand on your heart and one on your belly, take pleasure in being here.

Today is a ritual, a chance to liberate ourselves from the shallow and confining and walk right into magic.

I create the space I need to live my magic into being.

May I lift my voice for change. May I lift my hands in service. May I lift my prayers for justice.

I am open to change. I am open to choice. I am open to clarity. I offer my whole self to my life, whole and here, open to what is now.

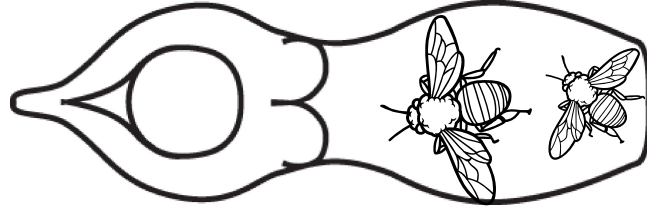
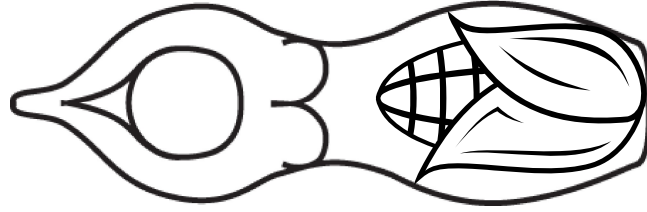
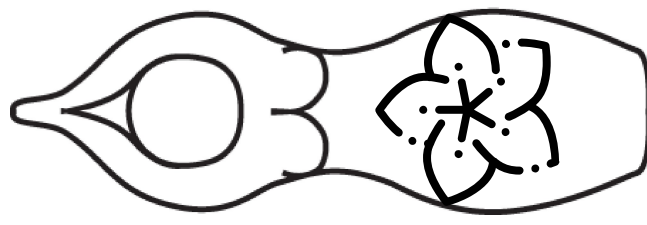
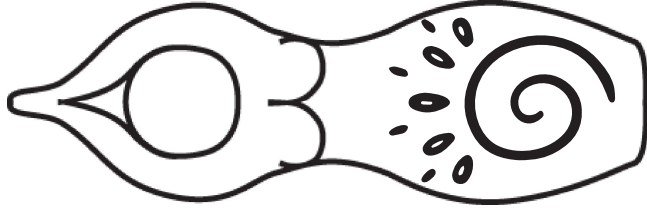
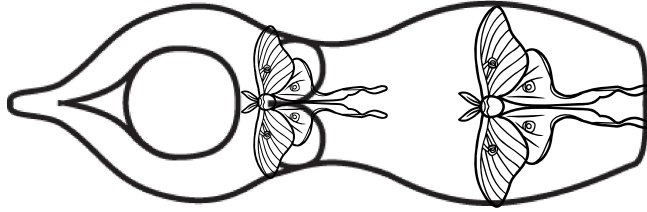
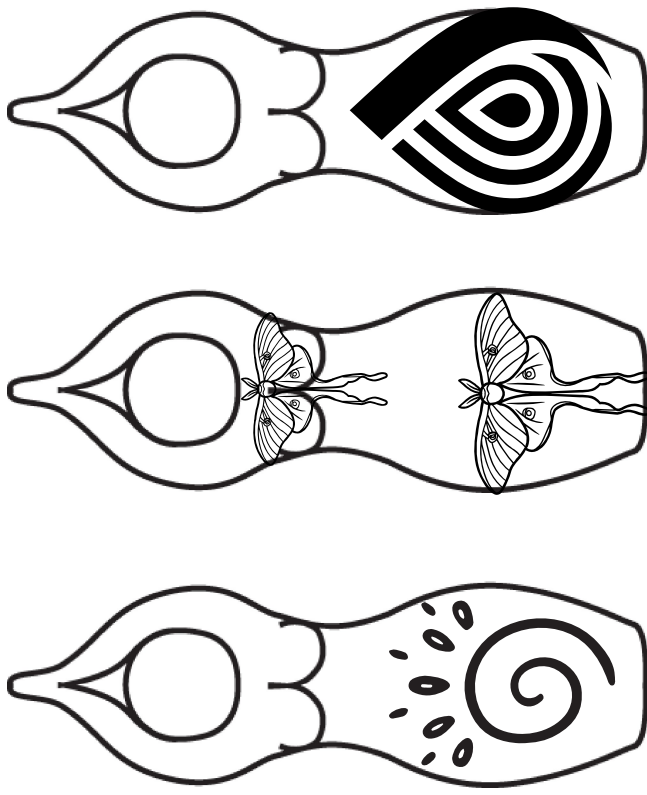
Imagine what might happen if you laid aside the planning and the proving, the pushing and pursuing, and stepped into the ceremonies Life is weaving right outside your door, before your eyes, under your skin.

Look into mystery. Gaze at possibility. See with eyes of magic. Wander your way into wholeness.

May we hold ourselves with love and grace, with delight, with respect and patience, with a tender understanding of the scope and pace of our human-sized lives.

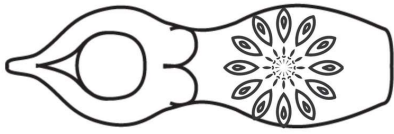
I integrate the pulse of the holy with the pulse of what is.

Remember to be soft and open with your heart and with your life.



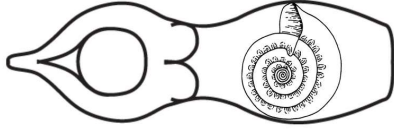
May you make a  
space for  
small sacredness.  
May your world  
be touched with  
wonder.

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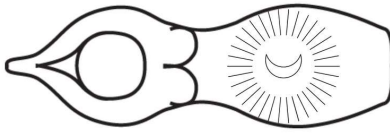
Keep trusting the  
unfolding.  
Keep following the  
light of inspiration.  
Keep being.  
Keep seeing the  
Keep reweaving the  
whole.

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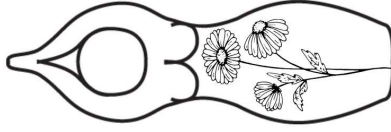
What loving words  
do you long to hear?  
Gather them up  
and hold them close,  
prepare them like a benediction  
of healing and grace.  
Let them drop gently upon you,  
like falling leaves,  
like sweet raindrops,  
like soft rose petals.  
Listen now,  
to this blessing of truth  
from your own lips.

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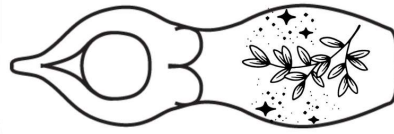
You are meant to look within  
and touch the sacred,  
to look below  
and see the holy,  
to look around and find divinity  
spinning her way  
through the all the  
commonplace  
and wondrous things  
that form this life.  
You are your own dwelling  
place.  
you are your own sacred space.

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Let the roots  
set in your soul.  
Let the buds  
bloom in your heart.  
Let the words  
weave in your blood.  
Let the song  
fill up your bones.

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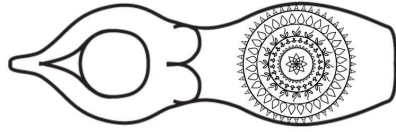


Here we are curled and silent,  
incubating dreams  
and coaxing purpose  
into life from invisible embers  
and threads of hope.  
May we take deep breaths  
and curl inward,  
into the settling at the center,  
the deep peace of homecoming,  
the pause of renewal.  
May we curl in to restore,  
so that we may emerge again,  
strengthened  
and ready for what is next.

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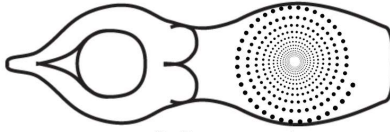


May we be willing to do  
what we can with what we  
have  
where we are.  
May we be at home in our  
bodies,  
at home in our lives,  
at home on the earth,  
at home under the moon.



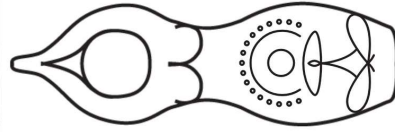
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May we explore the  
possibilities offered by  
rest and witnessing. May  
we explore the  
opportunities offered by  
persistence and  
endurance. May we  
explore the lessons and  
learnings of listening to  
our own pace, of  
honoring times to push  
and times to pause.



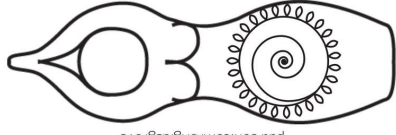
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May we find scraps of  
magic  
wherever we chance to  
look.  
May we allow space for  
the sacred  
to find us  
and remind us that we are  
home.  
May we return to center  
again and again.



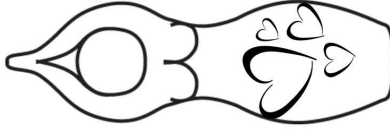
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May we know stories of bone and  
stories of home,  
stories of blackbird and stories of  
rose.  
May we know stories of heartbeat and  
stories of stone.  
May we know stories of sunshine and  
stories of storm.  
May we braid our lives together with  
herb, song, and bee.  
May we hold tales of streamside,  
riverbank, and sea.  
May we honor our stories, the poems  
of our lives.  
May we listen and live them  
with wide-open eyes.



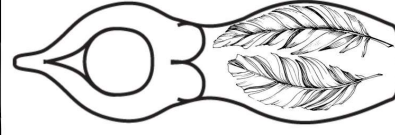
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May you cultivate a  
brave space  
for bold listening,  
a core of resonance  
and knowing  
that fuels and feeds  
you,  
as you flourish and  
grow.



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May I be a joy seeker  
a lifewalker,  
a wisdom finder,  
a story keeper.  
May I trust the knowing,  
that rises from inside.  
May I walk with the  
Goddess  
as my guide.



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