

CHANGE



I choose with care.
I listen with trust.
I am open to
change.



MARCH



I step in my own knowing.
I discover that to change
I must choose differently.
I choose connection.
I choose trust.
I choose wholehearted,
full color living.
I choose sacred experiencing
and daily joy.
I step in desire.
I listen to longing.
I choose my way forward
with this listening
as my guide.

THEME: CHANGE

AFFIRMATION: I AM OPEN TO CHANGE.

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The doorways into change are
many,
small and sacred,
sometimes almost invisible.
Our promise need not
be a single offering,
we can cross the threshold
over and over again,
allowing ourselves
to live what we have said
we long to claim.



QUESTIONS TO CONSIDER

- What is changing for you?
- How are you resisting change? How are you open to change?
- What happens when you inhabit the arising, when you step into the unfolding?
- Are you living a life you love?
- What is on your nourishment short list (daily essentials)?
- What are your smallest possible practices and how might you weave them into the pockets of presence or metaphorical mudrooms in your life?
- What do you want to change? What do you long for?
- What can you simplify?

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