

APRIL

THEME: TRUST



I guard a space
for the sacred in my life,
a space in which I listen and know,
wonder and grow,
a space in which I come back home to center
and reclaim my magic
and my knowing in each day,
a space where trees talk
and mystery walks
and the holy is as near to me as breathing,
a space where I am whole and connected,
rooted in trust,
unafraid of my own power
and alive with enchantment.

AFFIRMATION: I TRUST MYSELF TO BE HERE.

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Let us remember
that we walk in the palm of her hand,
our own bodies conduits of the holy,
our lives and landscapes sacred texts.
This breath a portal of presence.
This heartbeat a threshold of returning.
This pause a doorway to the sacred.
We need only to listen.
We need only to trust.
We need only to remember.
We need only to know.
Here we are.
We make our own magic
wherever we go.
Right here
in the palm
of her hand.

TRUST



Pause.

Take one breath.
Call your spirit back.
Take another breath.
Arrive where you are.
Take another breath.
Center yourself
in this wholeness.



QUESTIONS TO CONSIDER

- What are you saying yes to? Are you able to honor your yesses and your noes?
- Are you trusting that flame within, the light of understanding and creativity that guides your way and needs time to be nourished?
- How do your choices land in your body, are they light or heavy?
- How is your life feeling to you right now?
- What's calling for your attention?
- What enchantment are you softening into, are you soaking into, are you allowing yourself to experience?
- Do you recognize joy in your life? Can you trust that joy?

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