

LOVE



I pause and return to center. I breathe deep and listen. I lay a hand against my heart and choose. These things will lead me into a life I love.



MAY



Soften your shoulders.  
Let the sweet kiss of the wind refresh you.  
Feel your feet on the earth,  
let the solid strength support and replenish you.  
Extend your hands,  
feel the gentle touch of infinity across your palms,  
the fire of creation in your fingertips.  
Take a deep breath,  
let the breath of the holy fill your chest.  
Rest your fingers against your wrist,  
feel the pulse of the sacred beneath your skin.  
Say: I am here (now).  
Love is the ground of your being.

THEME: LOVE

AFFIRMATION: LOVE IS ALL AROUND ME

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Gather up those dreams, those loves and joys, those fierce and stubborn longings, hold them close. Let them stir against your chest, feeling your heartbeat and your soft breath. Make a vow sacred and strong. You are allowed to live a life you love.

Accept the invitation offered each day to sit with joy and create your life.



### QUESTIONS TO CONSIDER

- Do I love myself?
- Is this a life I love?
- Am I acting with love to myself? To others?
- Am I doing work that I love?
- Do I love where I am, my place, my practices?
- Can I let love shine through me?
- Can I trust that I am held by and supported by love?
- What would happen if I allowed myself to be the most honored guest in my own heart?
- How do I practice the presence of the goddess in my everyday?

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