



THE FUTURE IS COMPLETELY OPEN,
AND WE ARE WRITING IT
MOMENT TO MOMENT.

– PEMA CHODRON

We fall apart to be vulnerable and therefore open to what may come.

We fall apart to remember what matters - and to take that with us along our continuing journey.

We fall apart so that we may be moved to our inner world for healing. And, then so that we may spread that healing to others.

We fall apart in order that we may realize, first it's an inside job.

We fall apart to come back together more beautifully than ever before.

IT IS WHAT IT IS

you. are. enough.

FEET ON THE GROUND. Feel your feet kiss the ground so that you may touch the sky. Experience the solid, secure and reliable Earth beneath you.

IT IS. YOU ARE. Breathe easy and rest in this. Return to your inner world where you have choice and command and call upon your strengths being.

BE IN IT. Feel it. Think about it. Experience it in your body. Fighting it will only give it power and make it worse. So, allow yourself to be in it: you are human. Just don't get stuck in it! Stay aware and remember that *the way out is through*. One moment at a time. One breath at a time. One step at a time. You are enough and that is enough.

BE GRATEFUL IN THE BIG STUFF. You exist within a vast, dynamic and gorgeous world. Let the knowledge and beauty of that fill you with thanks.

"I am thankful for Earth, Sky, Water, Air..."

"I am thankful for Body, Breath, Beating Heart, Life..."

CREATE PERSPECTIVE BY REALIZING THE 'GIFTS' OF ADVERSITY LIKE STRESS, ANXIETY, DESPAIR...

Anxiety and angst? Protection, alertness, energy, drive...

Stress? Safety, motivation, knowledge, determination, resilience...

Despair and anguish? Rest, empathy, reflection, compassion for self and others...

BREATHE

1:2 Inhalation to Exhalation ratio.

Pause in between.

Claim "I am..."

I AM BODY.

I AM BREATH.

I AM BEATING HEART.

I AM LIFE.