Honoring Our Goodbyes

As We Say Hello.
the “new normal.”
seeing it clearly.
clear-seeing meets compassion.
acknowledging what we’ve lost.
taking a moment for self-repair.
- deepen breath
- lengthen exhale

- shallow breath
- lengthen inhale

slowing it down vs. revving it up.
grounding ourselves.
because we are mammals.
saying farewell.
it’s always a two-sided coin.
When we are no longer able to change a situation - we are challenged to change ourselves.

Viktor E. Frankl
where do we have a choice?
the next door automatically opens.
facing the new direction.
expectations vs intentions.
intention, newly defined.
“The wound is the place where the light enters you.”
- Rumi
Q: What matters the most right now?
what would your future self say to you?
I think I'm afraid to be happy because whenever I get too happy, something bad always happens.

- Charlie Brown
receiving the good.
discovering our core values
Permissions Slip

(This is Your)

Permission Slip

X ____________________________
SIGN HERE
opening to the new hello.