



Art by Datra J.

Reflection

It's a mystery. Tell yourself this as you breathe in and out. Start to connect your breath with the words. So much that is beautiful has no answers, like the mystery of love. Rest in the mystery. Breathe in its beauty and freedom. Let go of the need to know. Let the peace of mystery surround you.

Questions

What are some things you cannot control? How does this make you feel?

When was the last time you felt filled with awe and wonder?

What are some good questions that have no answers?

“It’s OK to live without all the answers.”

L, 2013



Art by Jasionowski

“ When we identify the negative stories that we have created about ourselves and **rewrite it to include our positive attributes** and disconnect from our limiting beliefs and emotions, **we will find that self-forgiveness is possible.**”

Jimmy, 2023

Practice

Find a string and tie a knot in it. Pull it tighter. Examine the knot. Ask yourself: what keeps me bound? What prevents me from being the freest and fullest version of myself? As you work to untie the knot, imagine you are working shame out of your mind, body and heart. Shame is a story you tell about yourself; it is not you. What new stories could you tell when you free yourself from this burden?

Questions

Is it harder to forgive yourself or forgive others? Why?

What is something you have forgiven yourself for?

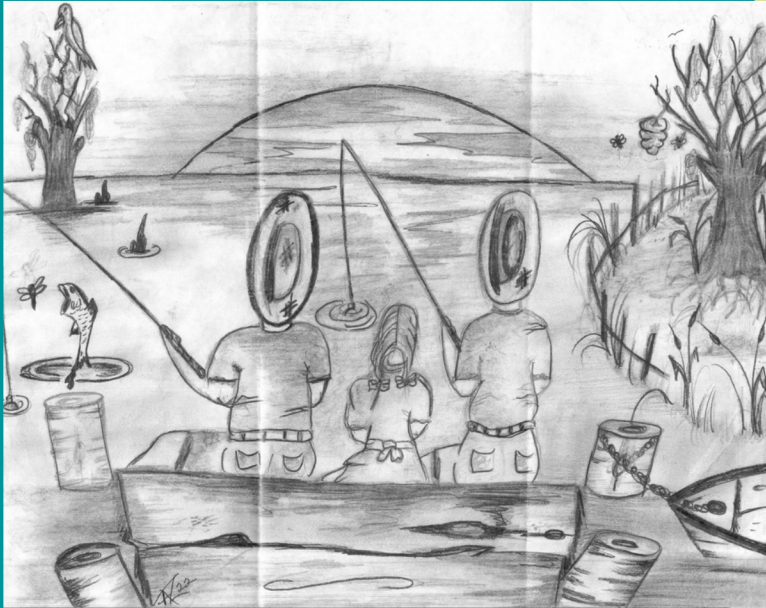
What changed when you did?

What is something you need to forgive yourself for?

What would change if you did?

**Forgiveness is not a one
and done thing.
It requires maintenance.
Sometimes
you have to keep forgiving
people.**

Anonymous, 2023



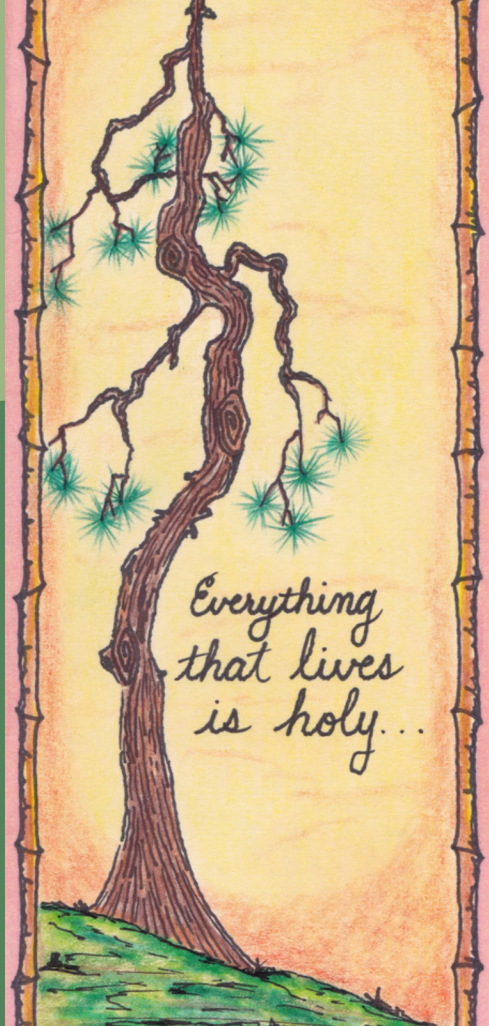
Art by Tonya H.

Reflection

Anything we do can be an opportunity to practice mindfulness. Today, as you brush your teeth, imagine letting go of some of the power a past pain holds in your present, even just a bit. Ask yourself to not let past pain control your thoughts and actions today. Be kind to yourself if you don't fully succeed. Tomorrow, when you brush your teeth, do it again. Repeat as needed.

Questions

What does forgiveness mean to you?
Do you think forgiveness is always possible or necessary? Why or why not?
Can you forgive without forgetting?
Why or why not?
What changes in you when you forgive someone? When you forgive yourself?



Art designed by Tall Tom

“The more I let go, the less that binds me and **I am free to witness life.**”

Lawrence, 2017

Reflection

Imagine a single leaf falling to the ground. Watch it turn in the wind as it falls and slowly comes to rest beside the tree. What do you need to let go? As you breathe in and out deeply, imagine you are blowing this weight and worry out of you. It lands on the leaf. Watch as the leaf drifts away in the wind, taking this weight with it. What will you do with this newfound space?

Questions

What is something you have held onto for too long? How could your life be different if you let it go?

Draw a leaf and write some thing you need to let go of inside it. Create a ritual to let go of your leaf and what's inside of it.

What does holiness mean to you? What do you see everyday that could be holy if you saw it differently?

“Slowly my heart is softening into a more compassionate one.”

B, 2013

Reflection

You were born with the ability to love. Sometimes life causes us to harden our hearts. What feels like protection can keep us from fully loving ourselves and others. Put your hand on your heart and say “soften my heart.” Say this as many times as you need. Imagine a hard shell starting to melt away. What remains is your pure ability to love. Greet this love as an old friend.



Art by Mark H.

Questions

When was a time someone showed you compassion when you really needed it? What did you learn?

When was a time it was hard to show someone compassion but you did? What did you learn?

Who would you like to show more compassion towards? Why? What would it take for your heart to soften?

“When you truly **open your heart up, you learn to accept that **everyone is on their own path** just doing what they know.”**

Gabe, 2017

Reflection

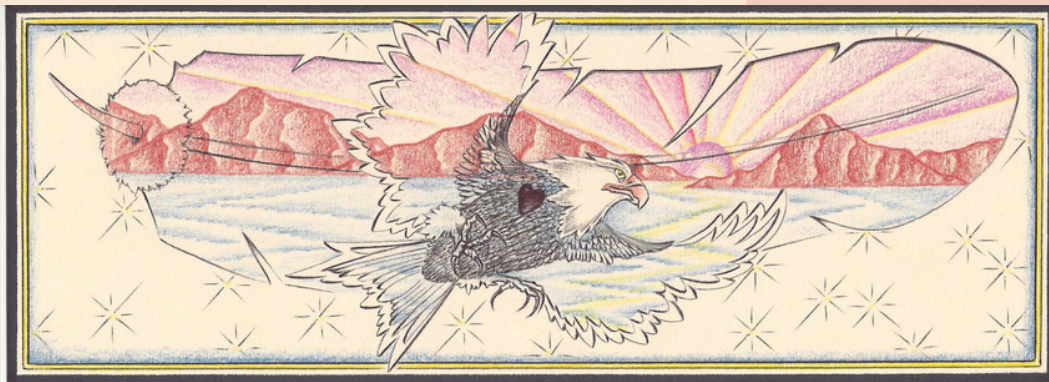
Cross your hands over each other and place them on your heart. Pay attention to everything you feel—the warmth of your chest, the beating of your heart, the movement of your breath. Quiet yourself and listen to the rhythm of your life. Gently press down on your heart. Tell yourself you are safe. Give your heart permission to gently open. Allow yourself to smile. Let this smile rest in your heart.

Questions

What is one thing you want to let into your life? How could this help you open your heart to yourself and others?

Reflect on a time someone was open hearted with you. What did you learn?

What words do you need to hear to help you open your heart to yourself?



Art by Alejandro O