

“I allow myself to just feel the all of it and not push it down. It’s a powerful connection with the past and one I want to keep. It grounds me.”

Rick, 2010



Art by Jason B

Reflection

Plant your feet firmly on the ground. Feel the connection of your feet to the earth. No matter the weight your body or your heart holds, the earth can support it. This earth holds the bones of your ancestors; it can hold your tears and your fears today. This safety and strength is always there for you. It can hold what you carry.

Questions

How do you cope when you are in a lot of pain?

Reflect on a time you numbed your feelings. How did this affect you?

Reflect on a time you felt grounded, peaceful and strong. What could you do to feel that way more often?