



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?