

“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

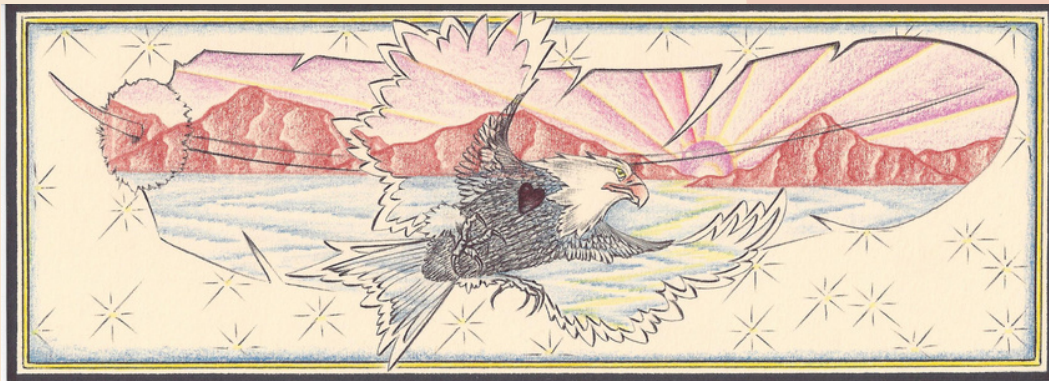
Cross your hands over each other and place them on your heart. Pay attention to everything you feel—the warmth of your chest, the beating of your heart, the movement of your breath. Quiet yourself and listen to the rhythm of your life. Gently press down on your heart. Tell yourself you are safe. Give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