

Befriending the darkness

week one: coming home with kindness and ease

Practices (with blank rows for you to include other practices)	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Time I commit to coming home to myself each day:							
On waking - lying in bed, I took one breath and checked in to see how I was feeling							
Noticed something outside - the wide sky, trees, sunlight, stars, air against my cheeks							
Present for nourishment - aware of tea, coffee, fresh water; the aroma or taste of food							
Experienced a feeling of kindness, of being on my side							
Deliberately aware of a moment of ease - sitting on sofa, putting on dressing gown, snuggling into bed							
Aware of release - noticed putting something down, and your hands being light and free (phone, mug, bag, coat, shopping)							
In this moment, as you release your out-breath, experience what it feels like to let go							
Guided meditations / sitting / walking in awareness							

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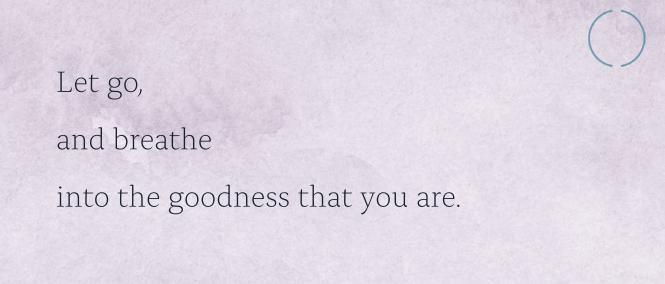
how did it feel to be you this week?

My beloved child,
break your heart no longer.
Each time you judge yourself,
you break your own heart.
You stop feeding on the love
which is the wellspring of your vitality.
The time has come. Your time.
To live, to celebrate,
and to see the goodness that you are. [...]
Do not fight the dark.
Just turn on the light.
Let go,
and breathe
into the goodness that you are.

- Swami Kripalu

I abandon all that I think I am,
All that I hope to be,
All that I believe I possess.
I let go of the past,
I withdraw my grasping hand from the future,
And in the great silence of this moment,
I alertly rest my soul.

- Howard Thurman



In the great silence of this moment,

I alertly rest my soul.

invite in ease come home