## Befinening the Dutheres

## week one: coming home with kindness and ease

| Practices <br> (with blank rows for you to include other practices) | Sat | Sun | Mon | Tues | Wed | Thurs |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Time I commit to coming home to myself each day: ................... |  |  |  |  |  |  | Fri

## Befinening the Dubrew

week one: coming home with kindness and ease
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.

\author{

- Howard Thurman
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Let go, and breathe into the goodness that you are.

## In the great silence of this moment, I alertly rest my soul.

