Make space.
Make it sacred.

Sitting in the rain.
Some days are meant to receive.
Start small.

I know so many tools, truths and wisdoms.
But do I stay with them long enough
to allow them to be sacred?

An entire life can be rescripted
if we just make space... and keep it sacred.

MOVING THROUGH THE SENSES

You already run thousands of habits, beliefs and autopilots with amazing tenacity. Bring that commitment to one or two practices of your choosing each day.

01 **Body scan**
Move your attention through your body.
Imagine white light, if you wish.

02 **Morning questions**
"What do I need this morning?"
"What wants to come through me now?"

03 **Cellular wellness**
Sing your cell song. Or listen to a mantra.
Let it be felt.

04 **Dance**
One dance song. Let your body lead.

05 **Stillness**
Five minutes. Simply be here.

06 **Morning movement**
Gentle stretching or lymph flow.

At least one sacred habit.
At least one precious reveal.

Show commitment to the love you have for yourself.