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## Living poster 2019

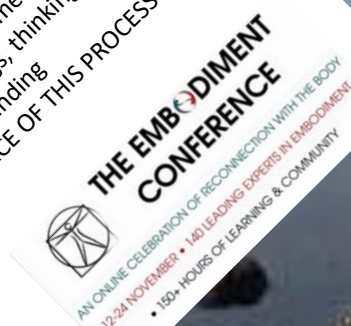
### □ LIVING WITH CLARITY AND GOOD INTENTION

- Independence
- Self-reliant
- Ownership of where and what I want to do
- Giving and offering to others
- Make a Move
- Private practice
- Yoga
- Meditation
- Contributing to the world
- Living a simple life

- BREATHE
- CONNECTION
- CONFIDENCE
- OWNERSHIP
- BELIEF
- GRATITUDE
- AWARENESS
- FORGIVENESS
- KINDNESS
- AND LOVE

### □ Reading and Research

- Embodiment is the cells' awareness of themselves
- It is a direct experience; there are no intermediary steps or translations, there is no guide or witness.
- Out of this embodiment process emerges feelings, thinking, witnessing and understanding
- THE SOURCE OF THIS PROCESS IS LOVE



- Shaming creeps into my consciousness. Not knowing what I am doing and if I am doing right. I wake up each morning and breathe deeply into my lungs, this reminds me that I am alive and we are here on earth for another day. That is all I have that is certain and when I continue to mess up, take note of all my mistakes and when I lose sight of my path, I can begin again by waking up slowly, stretching and moving my body and breathe.