



Coming Home to Yourself

As we reopen, I want to invite you to take a moment to consider what is next for you.

We have had the luxury of three months of simplifying our lives.

Three months of limited contact.

We dove in deep to our sacred family circle. Our homes and the people in it. No distraction but ourselves.

Initially, the noise got louder. The ache for something more was begging for our old world back then, slowly, then noise got quieter. We settled.

We fell into our own rhythms and we found a way to be in our new environment. We landed home.

As the demands of life as we knew it, came to a standstill we had nowhere else to go, but to ourselves.

We tended to our gardens (inside and out), we had time to turn our attention to those things that truly matter or have been meaning to do forever. We changed.

I want to take this moment, before you go out with wild abandon to pause. Come back to your heart and take stock of all you've learnt.

What it is you are walking out of these three months with?

What lessons did you learn, what ways of Being changed?

What have they given you, and how have they impacted your world?

As we start to emerge from our three months of hibernation, we finally enter our Spring.

Rebirth.

With the end of Winter the seedlings we have been planting start to sprout. With every ending comes a beginning and what, may I ask are you beginning anew?

Stay close to your heart, commune with him or her often.

I invite you to take a moment, hell, take a few moments to really consider, how you choose to be our **there** in the world, is it honouring all you've learnt and how you want to be in this world?

Walk gently my friends, take your time. The outside world is going to be there next week and the week after that, but how we commune with it, is completely up to us.

We are walking new territory and we have the opportunity to effect conscious change. Every step counts.

With all my Heart,
Amanda x

