

Recipe for Sunny Belonging

Ingredients

Golden honey light

Clover sweet air

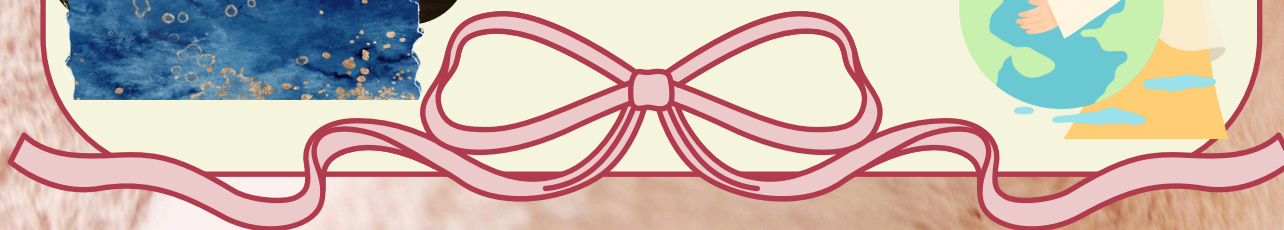
One palm turned upward,
the other downward, both resting

A softened mouth

A breath that leaves slowly
Warmth being poured into you
Warmth moving through you

A sentence to grow:

I am part of the living beauty around me.



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Steps

Gently turn your attention to your palms.

One hand receives, one hand gives.

Breathe in gently through your nose.

Imagine golden light pouring into the open palm.

*Now it moves through your wrist, your arm,
your shoulder and into the soft center of your chest.*

Breathe out longer than you breathed in.

*Let the golden light move through your other shoulder,
down your other arm and out through the palm facing the earth.*

○ *The sweetness does not stop with you, it passes through you.*

+ *Again. One hand open to the sky. One hand blessing the earth.*

☆ + *And you, between them, inside the beauty of life.*

☆ + *Breathe in and receive. Breathe out and pour.*

☆ + ○ *Your mouth softens, your jaw unfastens.*

☆ + ○ ○ *The back of your neck becoming less careful.*

+ + ○ ○



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Steps

On your next breath in
"I am part", the words arrive with the light.

On your breath out, think:

"of the living beauty around me", the words move through you.

Again. I am part, as the warmth pours in.

of the living beauty around me, as the warmth pours through.

The same light that touches the grass may touch you.

Stay for three slow breaths. Palm to sky. Palm to earth.

Honey pouring in. Honey pouring through.

Let the sentence become smaller now, tucked behind your ribs.

I am part of the living beauty around me.

When you are ready, release your hands softly.

Carry the honey light with you.

Let it remind you, quietly and often:

You are included in the sweetness.

