



Practical Wisdom

Creating a Sacred Relationship with Yourself

What will life be like when you have a sacred relationship with yourself?

To honor yourself as you would like others and life to honor you.

To be able to do the things that are important to you with less resistance and more ease.

To have a forgiving, gentle, empowering and loving relationship with yourself.

A sacred relationship with yourselves that will allow you to, more easily ~

do the things that are good and right for you

make sure that you are treated well

feed your body and mind with healthy, nourishing things

easily spend time doing what is authentic

set appropriate boundaries

have a more balanced life

From the vibration that is set in this sacred relationship

and the rituals that will be created these things will happen naturally.

For this day, think about the areas in your life that you have resistances to doing what would serve you for your wellbeing. Also bring a token that you will carry with you that will remind you of your sacred relationship with yourself.

Next date TBA Sunday, 1-7pm

Please send your payment of \$175 for this adventure.

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