



Brave Body

I begin with the body.
With my body.

This place of potency and bravery.
This place where all my living and dying, has happened
inside of and through me.

My body is the place where life speaks to me.
It is where the meaning of my existence takes form.

I allow space to feel that.

I allow space to be here, fully, with my body.

I give thanks that my body has been here, fully, for me.
Through the ins and outs of my days, and my life.

I pause and FEEL what it's like, in this moment,
to be WITH myself.

I let this be enough.

I slow down and allow my breath to exhale through my
body.

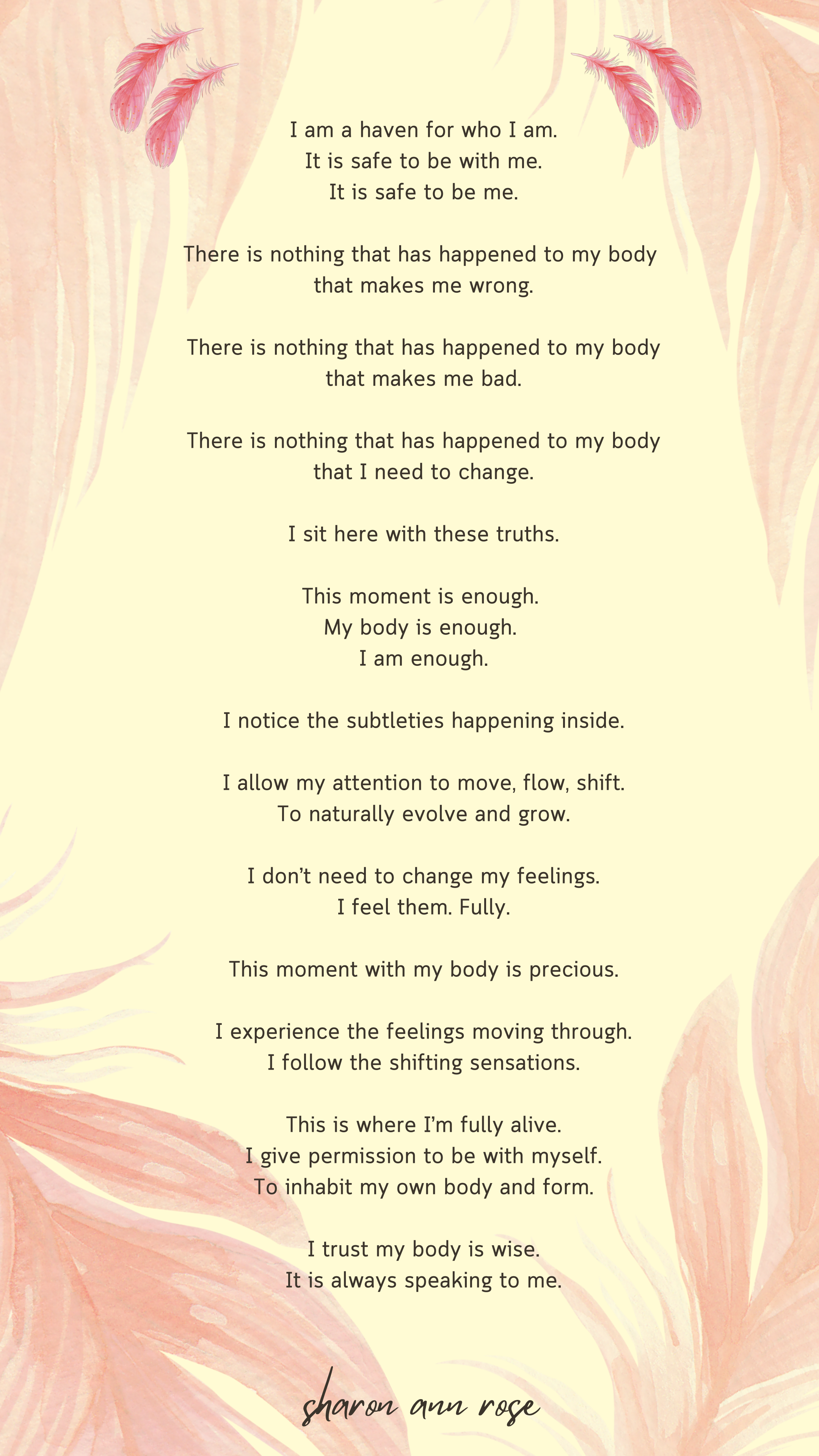
All ideas of what I think I should be doing, dissipate.
Space is here for me to feel.
To purely feel, how I am inside.

I take the time to be.
To be within this body.

It is all that I am doing.
There's nothing else required.

This moment is the perfect place to be with myself.
To be with my body, and feel my inner landscape.

sharon ann rose



I am a haven for who I am.
It is safe to be with me.
It is safe to be me.

There is nothing that has happened to my body
that makes me wrong.

There is nothing that has happened to my body
that makes me bad.

There is nothing that has happened to my body
that I need to change.

I sit here with these truths.

This moment is enough.
My body is enough.
I am enough.

I notice the subtleties happening inside.

I allow my attention to move, flow, shift.
To naturally evolve and grow.

I don't need to change my feelings.
I feel them. Fully.

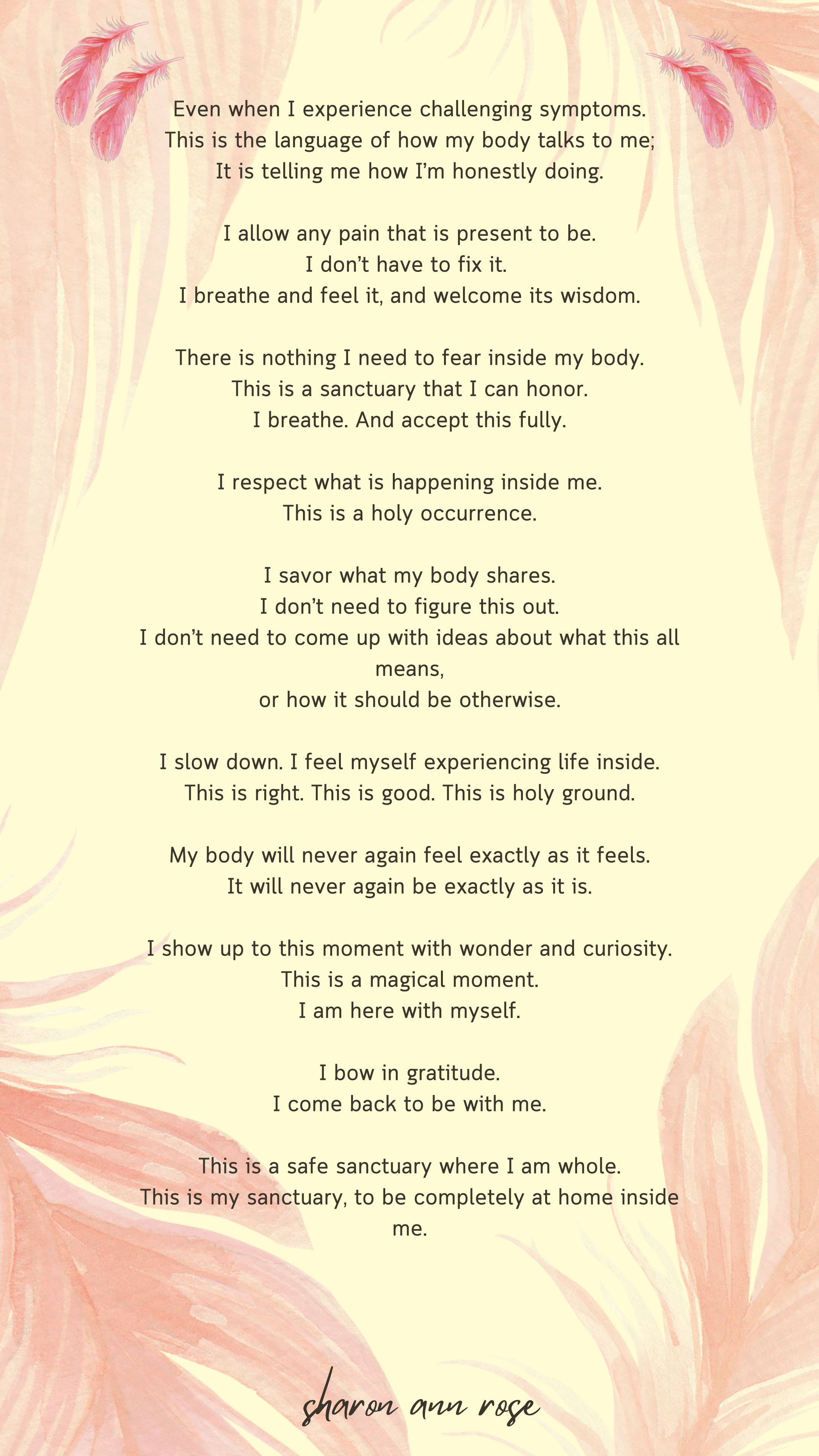
This moment with my body is precious.

I experience the feelings moving through.
I follow the shifting sensations.

This is where I'm fully alive.
I give permission to be with myself.
To inhabit my own body and form.

I trust my body is wise.
It is always speaking to me.

sharon ann rose



Even when I experience challenging symptoms.
This is the language of how my body talks to me;
It is telling me how I'm honestly doing.

I allow any pain that is present to be.
I don't have to fix it.
I breathe and feel it, and welcome its wisdom.

There is nothing I need to fear inside my body.
This is a sanctuary that I can honor.
I breathe. And accept this fully.

I respect what is happening inside me.
This is a holy occurrence.

I savor what my body shares.
I don't need to figure this out.
I don't need to come up with ideas about what this all
means,
or how it should be otherwise.

I slow down. I feel myself experiencing life inside.
This is right. This is good. This is holy ground.

My body will never again feel exactly as it feels.
It will never again be exactly as it is.

I show up to this moment with wonder and curiosity.
This is a magical moment.
I am here with myself.

I bow in gratitude.
I come back to be with me.

This is a safe sanctuary where I am whole.
This is my sanctuary, to be completely at home inside
me.

sharon ann rose