



Brave Belonging

*Belonging is not something we negotiate with the external world.
Belonging is something we carry in our wild hearts.*

- Brené Brown

Where have I felt like I didn't fit in?
When have I felt like I didn't belong?

I pause and rest softly into this contemplation.
This is holy ground to be with my inner sense of belonging.

My belonging is what I was born from and into.

I belong to this life. I belong on this earth.
I belong with the trees, heavens, ocean and stars.

I belong in our universal family,
and to my own wild heart.

At any point, I can dissolve into the life pulsating
within and around me.
This helps me sense what true belonging is made of.

I let this sink into my bones.

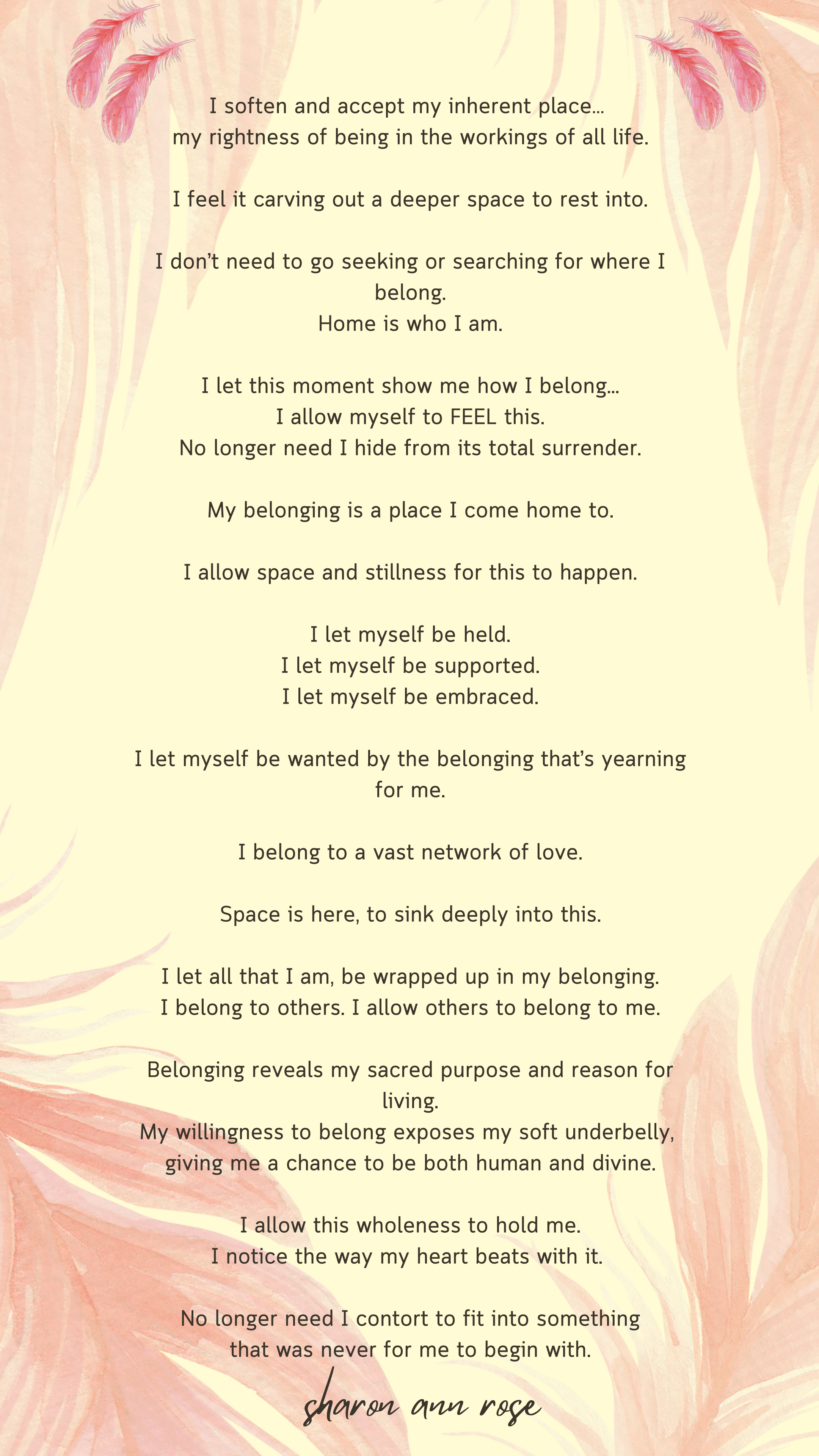
I slow down, and feel it saturating my system.
It moves like honey throughout my form.

I belong here, with myself.
This meets me where I haven't known that I could go.

I let this embrace me where I have doubted.
I welcome my belonging to hold all parts of me.

This is my birthright.
This is my homecoming.

sharon ann rose



I soften and accept my inherent place...
my rightness of being in the workings of all life.

I feel it carving out a deeper space to rest into.

I don't need to go seeking or searching for where I
belong.

Home is who I am.

I let this moment show me how I belong...

I allow myself to FEEL this.

No longer need I hide from its total surrender.

My belonging is a place I come home to.

I allow space and stillness for this to happen.

I let myself be held.

I let myself be supported.

I let myself be embraced.

I let myself be wanted by the belonging that's yearning
for me.

I belong to a vast network of love.

Space is here, to sink deeply into this.

I let all that I am, be wrapped up in my belonging.

I belong to others. I allow others to belong to me.

Belonging reveals my sacred purpose and reason for
living.

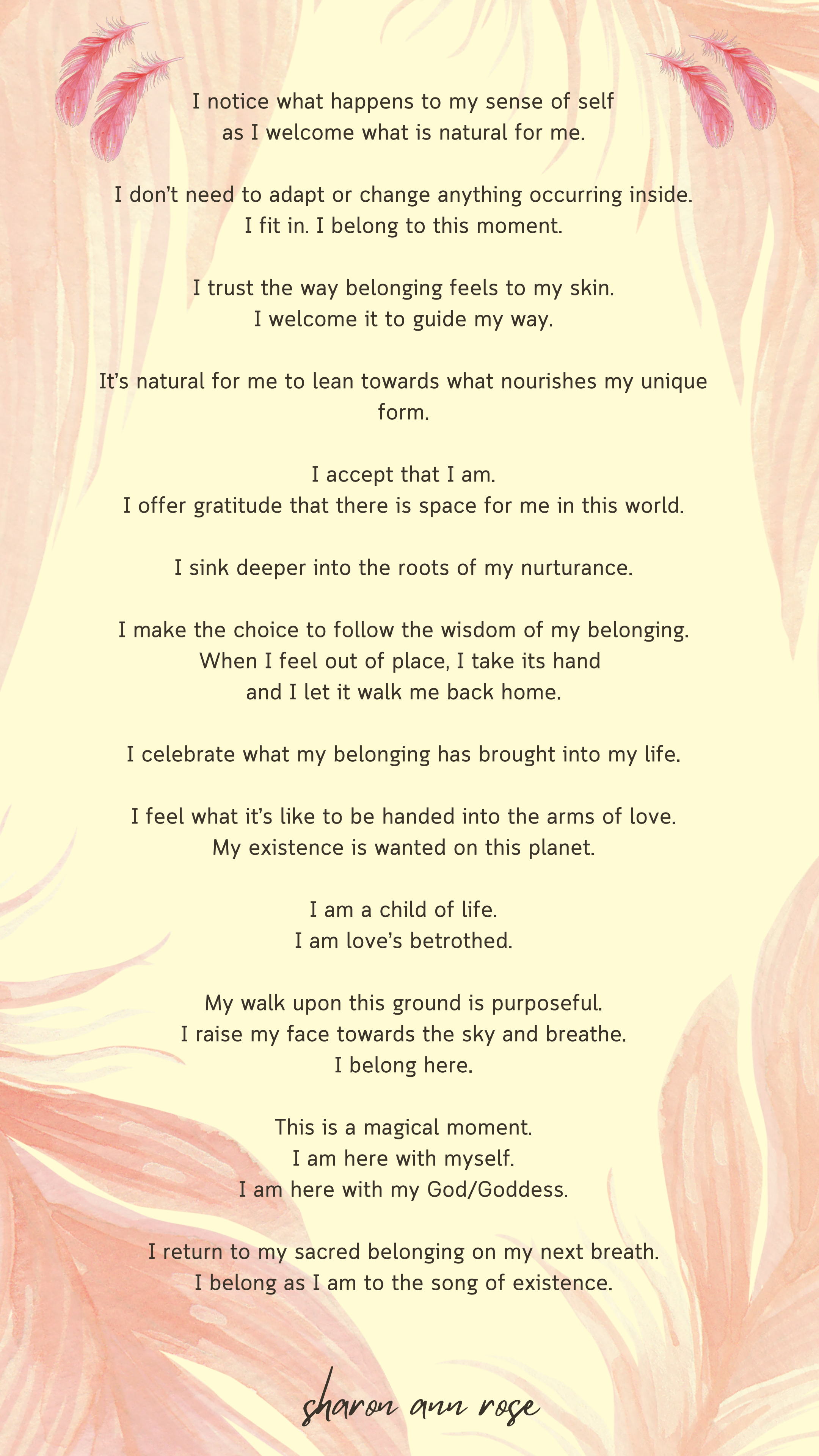
My willingness to belong exposes my soft underbelly,
giving me a chance to be both human and divine.

I allow this wholeness to hold me.

I notice the way my heart beats with it.

No longer need I contort to fit into something
that was never for me to begin with.

sharon ann rose



I notice what happens to my sense of self
as I welcome what is natural for me.

I don't need to adapt or change anything occurring inside.
I fit in. I belong to this moment.

I trust the way belonging feels to my skin.
I welcome it to guide my way.

It's natural for me to lean towards what nourishes my unique
form.

I accept that I am.
I offer gratitude that there is space for me in this world.

I sink deeper into the roots of my nurturance.

I make the choice to follow the wisdom of my belonging.
When I feel out of place, I take its hand
and I let it walk me back home.

I celebrate what my belonging has brought into my life.

I feel what it's like to be handed into the arms of love.
My existence is wanted on this planet.

I am a child of life.
I am love's betrothed.

My walk upon this ground is purposeful.
I raise my face towards the sky and breathe.
I belong here.

This is a magical moment.
I am here with myself.
I am here with my God/Goddess.

I return to my sacred belonging on my next breath.
I belong as I am to the song of existence.

sharon ann rose