

Week 6 Lesson 11: Integration

Bringing Ferocious Compassion to all the parts of your life.

Dear heart,

I want to take a moment to celebrate the deep work that you have done over the last two months.

You have shown up with your whole heart. Your time with yourself has created a holy place out of your very own presence.

Take a moment to celebrate what you have seen or learned or experienced. Be generous with yourself as you look back over the last couple of months.

As we turn our attention towards integration, I want to continue to hold the spirit of compassion. Habits born out of self-loathing have no real power. Conversely, when change is birthed through self-love, we can step into new habits like well-cobbled shoes that don't need breaking in.

Because we find we are very much at home in them.

So soak your heart in self-love before you dive into this lesson. That's where your true power is found!

*Live in the sunshine,
swim the sea,
drink the wild air.*

-Ralph Waldo Emerson

Journaling and Meditation Questions

Drop by drop is the water pot filled.

-Buddha

*How we spend our days is, of course, how we spend our lives.
What we do with this hour, and that one, is what we are doing.
A schedule defends from chaos and whim.*

-Annie Dillard
The Writing Life

Pretend for a moment that you are outside of yourself, observing yourself. As you look at yourself sitting or lying down or reading, offer yourself love. Actually think (or even say): *I love that woman sitting there. She is doing the best she can. She is doing her work and trying to leave the world a little better than she found it.*

Now write your own "love affirmation" for yourself. You can use elements of the words above or from the affirmations from past weeks, but write it in the third person about yourself. Even use your name as you write it below, beginning with "I love _____."

Now as you continue to observe yourself with love, begin to make a list of what you wish for yourself. If you find it helpful you can even continue to write in the third person. (Sometimes it is easier for us to wish wonderful things for others than for ourselves, so writing in this “observer mode” can help us tap into our compassion and love.)

Examples:

I wish for happiness for [YOUR NAME].

I wish for [YOUR NAME] to feel good in her body.

I wish for [YOUR NAME] to be in a job she loves and finds fulfilling.

Continue to write and add to your list all week long. Anytime you think of something, come back and add it. Then at the end of the week, after you’ve made your long list, come back and answer the next question.

What wisdom practices actually bring joy into your life? Examples could be yoga, meditation, prayer, sitting in sacred circle with others...really anything that is inner work, but also bears the fruit of JOY in your life.

What practices/habits/rituals do NOT bring JOY into your life? (But rather just feel like work or drudgery to you) Return to your list from week 1 and refresh your mind about what things you would like to release as you go forward?

*I have found that if you love life,
Life will love you back.*

-Arthur Rubenstein

As you reflect on the quote above, consider if you can honestly say the following words: *I love my life.*

If so, write why. And if not, write why not.

What would it take for you to be able to truly love your life?

