

Choose Joy !



Don't wait for things to get easier, simpler, better. Life will always be complicated. Learn to be happy right now. Otherwise, you'll run out of time.

I don't prove my worth by being productive; I have permission to rest and put my feet up and I'm allowed to simply take up space. I want to contribute and offer my gifts but I opt out of rushing or joining the race. I breathe and exhale and remind myself – I can choose a slow and simple life.



Everything you blame, you're stuck with. Bless it. Wish it well. Wish it its own freedom, and it will be very powerful in the way that it will not come back to you. If you don't forgive it, if you don't bless it, if you don't wish it well, the energy will just be magnetically drawn back to you because it's looking for resolution. All negative energy that we've inherited, it's there because it's looking for resolution.

—Adyashanti

"Trauma permanently changes us.

This is the big, scary truth about trauma: there is no such thing as "getting over it."

The five stages of grief model marks universal stages in learning to accept loss, but the reality is in fact much bigger: a major life disruption leaves a new normal in its wake. There is no "back to the old me." You are different now, full stop.

This is not a wholly negative thing. Healing from trauma can also mean finding new strength and joy. The goal of healing is not a papering-over of changes in an effort to preserve or present things as normal. It is to acknowledge and wear your new life — warts, wisdom, and all — with courage."

Catherine Woodiwiss