



Anonymity & Holding Sacred Space

This is a sacred space for us to express our feelings, ALL of them. Even the childish ones. Many of us in this class didn't experience being supported in feeling OR expressing our feelings with our parents or caregivers. This sends a loud and clear message that expressing our true feelings is not safe. If we can't trust our feelings, then how can we trust our intuition and guidance from our highest self, who speaks so softly? We do not comfort someone if they become emotional during class nor do we share how someone else's feelings could be reframed. As children we may have tried to fix or control our parents through our behavior. We are all practicing taking care of ourselves and supporting each other by allowing our sister's to share their feelings in peace. We accept without comment what others say because it is true for them. We work towards taking more responsibility in our lives rather than giving advice to others. This practice can be uncomfortable in the beginning.

Declaration

This is a safe & sacred place to express our childhood experiences and feelings and shine the light on our shame. What you hear in this space remains here. We do not talk about another person's story or experience to anyone outside of this sacred space beyond a general topic or concept. Whatever you share, whomever you see here and what you hear in this sacred space, stays here. A'ho



Kerry Armstrong

HEALING