



*Honoring Our Goodbyes*

---

**As We Say Hello.**



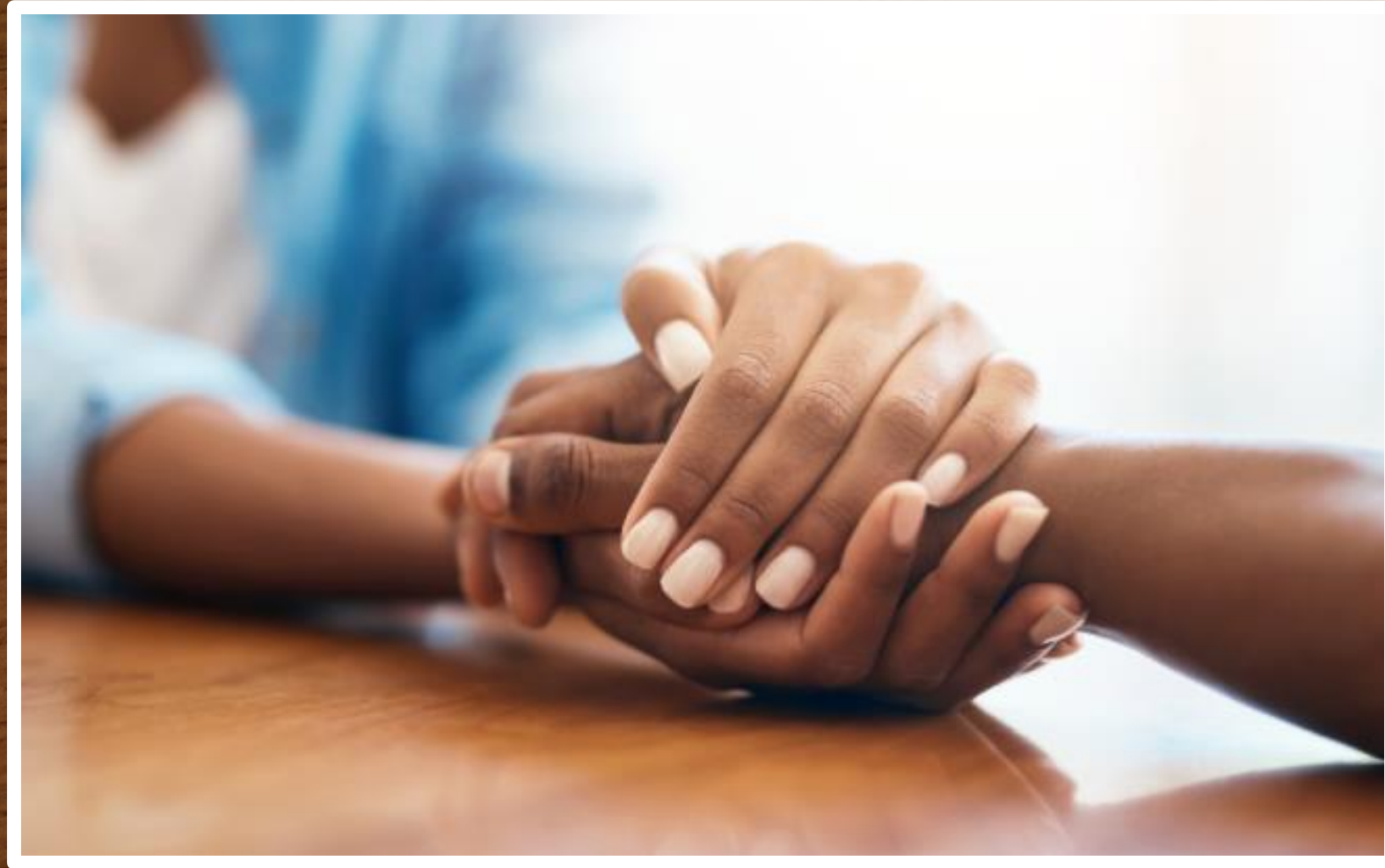
the “new normal.”



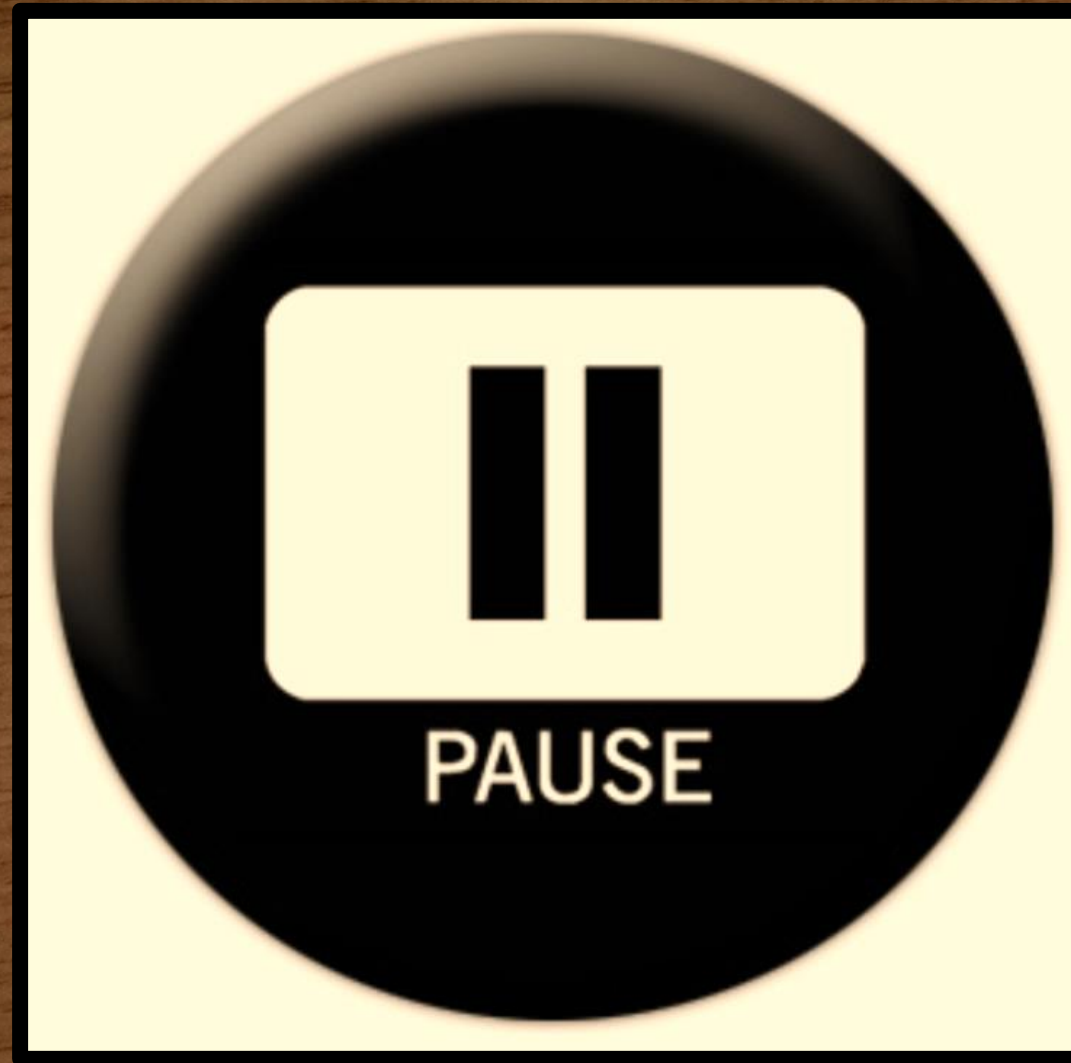
seeing it clearly.



clear-seeing meets compassion.



acknowledging what we've lost.



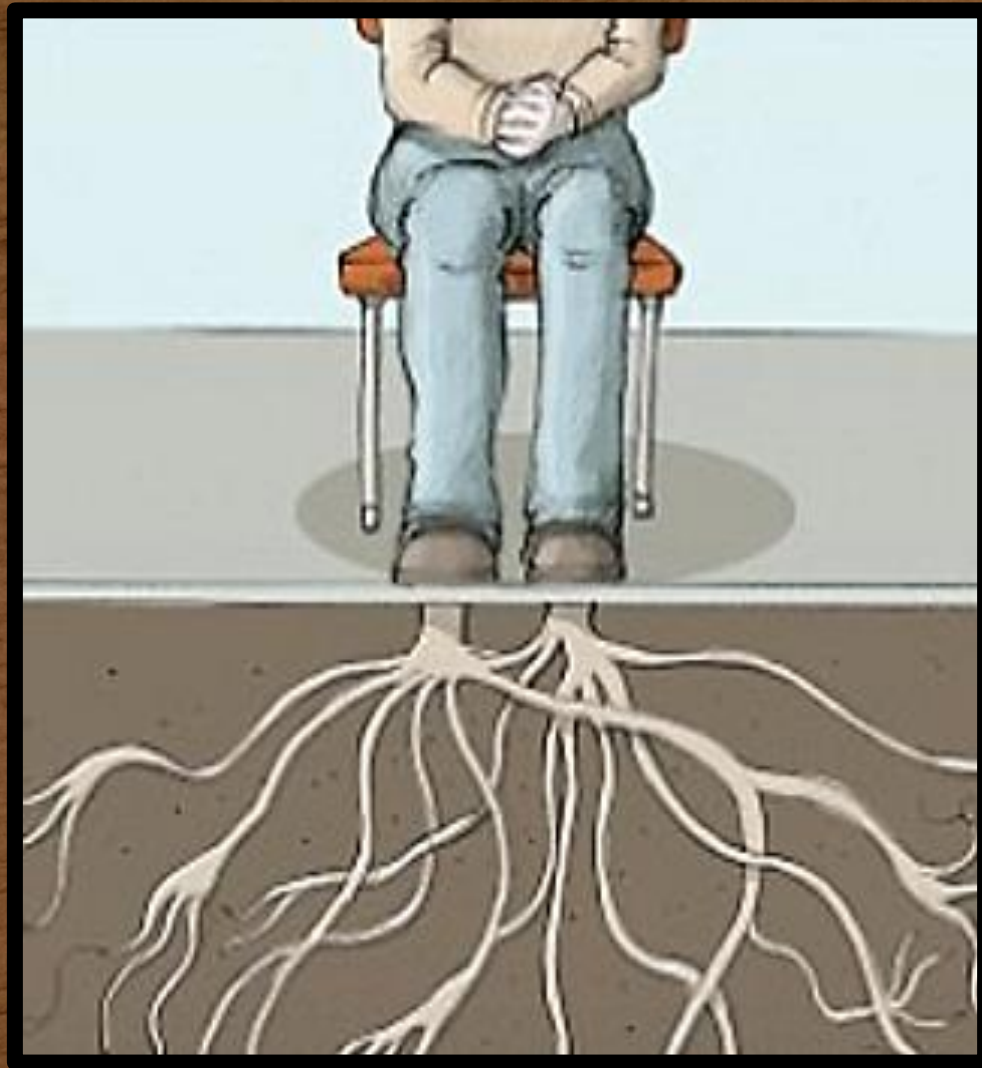
taking a moment for self-repair.



- deepen breath
- lengthen exhale

- shallow breath
- lengthen inhale

slowing it down vs. revving it up.



grounding ourselves.





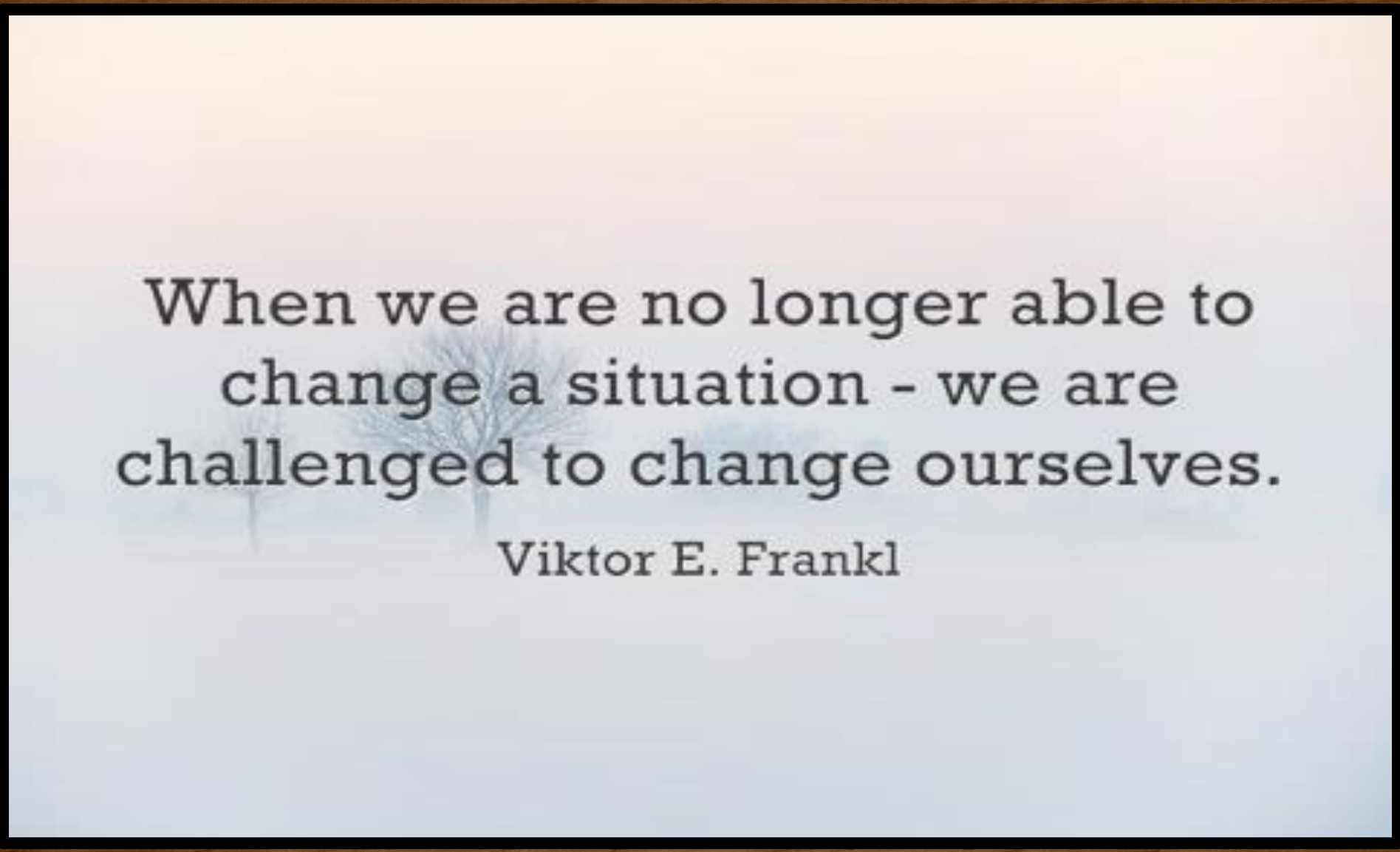
because we are mammals.



saying farewell.



it's always a two-sided coin.



When we are no longer able to  
change a situation - we are  
challenged to change ourselves.

Viktor E. Frankl



where do we have a choice?



the next door automatically opens.



facing the new direction.



expectations vs intentions.





intention, newly defined.



*“The wound is the place where the light enters you.”  
- Rumi*



*Q: What  
matters the  
most right  
now?*



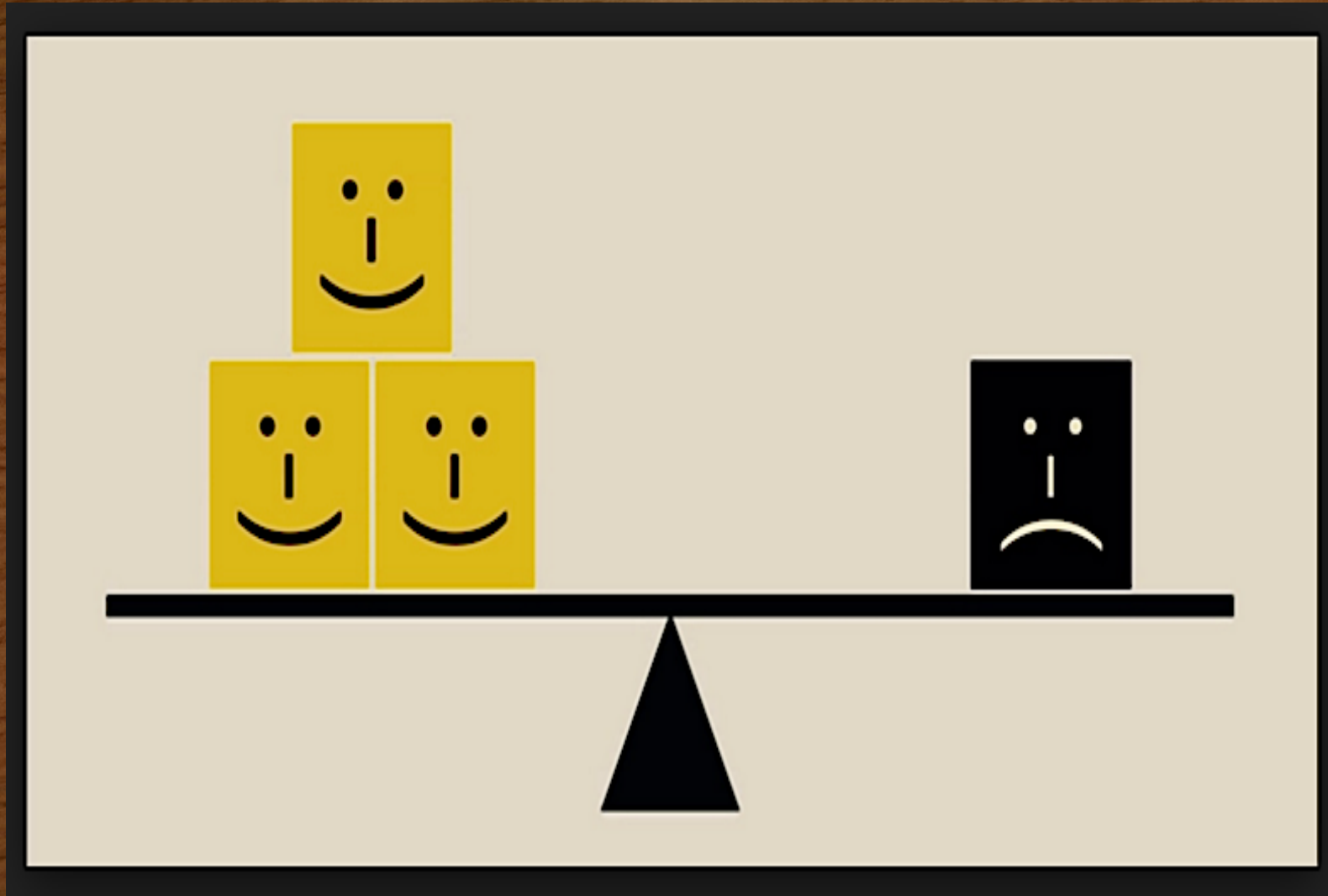
what would your future self say to you?

I think I'm afraid to be happy  
because whenever I get too happy,  
something bad always happens.

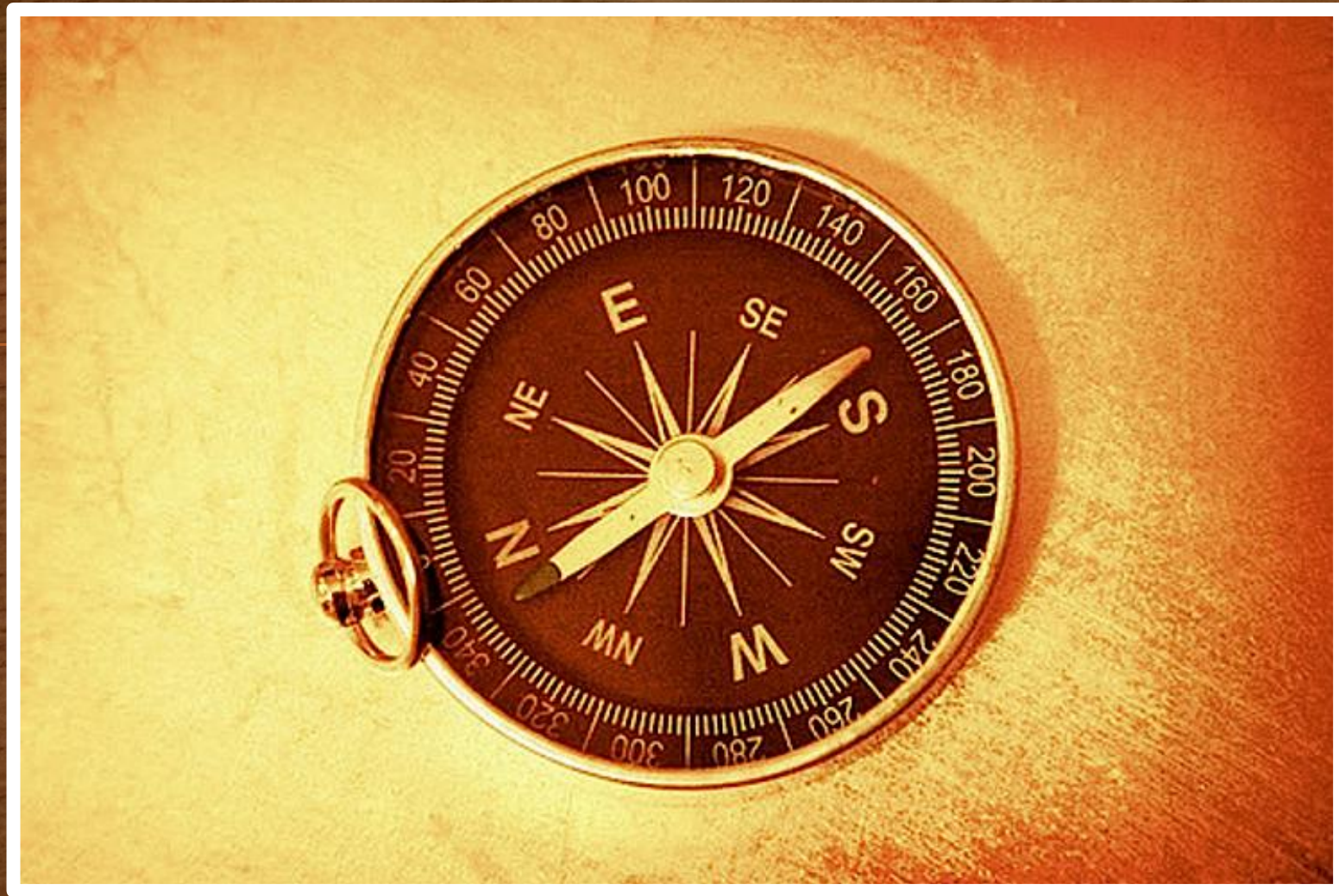
- Charlie Brown



[sustergirl.tumblr.com](http://sustergirl.tumblr.com)



receiving the good.



discovering our core values

*(This is Your)*  
**PERMISSION  
SLIP**

X \_\_\_\_\_

SIGN HERE





opening to the new hello.