

Swadhyaya

Self-inquiry & Observation

"Practice and all is coming." Pattabhi Jois

Be the Witness

You are so much more than
what's unfolding inside and out.

Turn to that true you that never changes.
If it's not rooted in love, it's not the true you!
The Divine in you only knows how to love!

Embrace Radical Self Love

Be at peace with not understanding
how you got here or where you are going.
Honor your inherent worthiness.
Celebrate your strengths, desires, interests,
and experiences. Celebrate what makes you you!

Feel your Way to Wholeness

Get curious about your feelings.
Hand out with them.
See what intentions or beliefs are behind them.
Don't hold back. Allow, allow, allow!