

HERE

"YOU ARE A WORK OF GREATNESS"

"Our emotional connections are stronger and deeper than we realize.

In this life we must choose to live and be present.

Although we are not always in control of our circumstances, we can control how we choose to live through them.

As humans, we are more than conquerors...

We are enough.

We can be mighty as a lioness and gentle as bluebirds.

We bring light. We bring joy.

We bring others opportunities to smile, to laugh, and cry tears of joy.

The more I look for the good the more I find.

We were created to be free and fearless.

We were created to love, to be patient, to be kind to each other and to ourselves...To offer grace and mercy and lots of it.

To forgive ourselves.

To forgive our past.

We WILL walk into our future and whatever may come with dignity, courage, positivity, and with strong, thriving roots that were built inside a one of a kind work of greatness... YOU.

~ Brandy Broadway, HERE Team Member

MANTRA

"i am a work of greatness"

"I am enough.

The comforts of the season surround me.

I am a work of greatness."

(Deep breath in ~ "I am enough." ~ Exhale

Deep breath in ~ "The comforts of the season surround me." ~ Exhale

Deep breath in ~ "I am a work of greatness." ~ Exhale

Repeat as many times as you need)



VISUALISE PEACE + CALM

"easy pose"

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Sit quietly in "Easy Pose," close your eyes, and breathe gently. Imagine a soft, gentle breeze on your face with scents of pine and cinnamon, and partridges quietly chattering. For children, have them imagine they're sitting quietly in a nest, protecting their environment, and being gentle on the heart and mind. Sit here with these healing breaths, and invite peace and calm into the heart.

HERE



"FIVE FINGER BREATH"

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Hold up your right hand, place your left index finger on the outer edge of your right little finger. When you breathe in, go up your right little finger tracing it to the top, and as you breathe out, go down the finger. Repeat this for all the fingers and thumb, and take a pause every time you are at the top of a finger, and then the bottom too. Take your time, and enjoy the stillness and peace to help you calm the nervous system when feeling overwhelmed. Repeat as many times as needed.

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