

“WHY” REFLECTIONS



***“When you touch one thing with deep awareness,
you touch everything.” — Thich Nhat Hanh***



REFLECT

Think of an area of your life you’ve been part of for a while — a group, a practice, a job, or a relationship.

What was your original why for being part of it?



ENVISION

Close your eyes and picture yourself in that space now.

How do you see yourself differently today than when you began?



FEEL

Notice your heart and your body.

What emotions rise when you think about this area of your life now?

Do you sense any shifts — tension softening, warmth, lightness?



TRUST

Every “why” evolves.

Has yours shifted?

If yes, how can you trust this new awareness and move gently forward with it?

***What is one small step you can take this week that aligns
with your heart, not just your head?***