

UNFOLD

MONTHLY THEME FOR FEBRUARY

friday inspiration

FEBRUARY 2, 2018

goal

to allow everything to “unfold” as a flower unfolds into a full bloom from a bud. You cannot force a bud to bloom before its time, and you never know exactly how that full bloom is going to look. We, and many of our intentions, are at the bud stage now, and allowing the “unfolding” in their right time will take some shifting in the way we have always approached the way we do things.

INTENTION

SET THE INTENTION OF

ease
clarity
right timing
support for patience
effortless actions

lesson

CHANGE YOUR RELATIONSHIP WITH TIME.

This month we examine our relationship with time, with impatience, with the masculine willful part of ourselves that always wants to push things through and make things happen, and our fear of not being and doing enough. If you start your day with the attitude that you will allow the day to “unfold” in a magical way for you and then remind yourself of this several times during the day, you will soon see the results of this new approach.

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