



Heart Opening

Every time we are present to our breath, feel a sensation in our body and stay with it,
allow our emotions to express without rationalizing them,
hear the self-judgment in our thoughts WITH compassion
– the pain within us surfaces and expands



This awareness and presence to all that we are opens our hearts
and the heart of all humanity at the same time
Our open heart puts us in touch with true aliveness and the potential to be whole once again



The pain of our life is not meant to be buried and denied
It is a catalyst, the constantly burning flame
When left smoldering creates anxiety, when extinguished by denial creates depression
AND when well-tended with loving kindness
illuminates the depth and richness of our human experience

It's meant to be shared 

Kathryn MacKenzie

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