



Welcome to 'Sacred Circles' Newsletter

Joy

As we approach the holidays, there is an opportunity to invite more joy into our lives, a sense of belonging within ourselves and a closeness to the part of us that is grounded and calm, yet unafraid and blissful. That part of us that is deeply serene, resolutely at peace.

How do you nurture a sense of joy?

I wanted to check-in with you and this beautiful community that has been coming together over the past year to connect and wish you a Happy Holidays, as well as provide a poem & some journal prompts.

We will be offering another circle in the new year after the pandemic has settled down, so stay tuned.



*I will not die an unlived life
I will not live in fear
of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible,
to loosen my heart
until it becomes a wing,
a torch, a promise.
I choose to risk my significance;
to live so that which came to me as seed
goes to the next as blossom
and that which came to me as blossom,
goes on as fruit.*

- Dawna Markova, [I Will Not Die an Unlived Life](#)



I love the message of hope which this poem inspires - because it reminds us of what is possible - that we can, '*inhabit our days and allow [our] living to open [us]*'.

Its been a tough year for many.

The poem invites us to create our reality by choosing our thoughts, rather than remaining stuck in old, limiting stories.

Life can be hard and at times all we can do is breathe and get through it, moment by moment – meeting our own experience as it is.

Pausing and taking stock helps us do this. By putting aside the rush of daily life, slowing down and tuning in to our bodies is a step in the right direction.

Try it - instead of resisting any difficult feelings, really give your attention & love to it and ask: what is bothering me & what do I need? Is it forgiveness, acceptance, compassion? What would help this heal?

Offer yourself understanding & care and watch everything shift.

For me, it takes time & patience, but at some point, I can generally 'loosen my heart', stop catastrophizing, reframe a difficult situation more positively (& realistically – I have to be able to believe it).

There is the invitation to then let go of the criticism, the perfectionism and constant effort and be more free.

'to loosen my heart until it becomes a wing, a torch, a promise'

'Risking [our] significance' might involve stepping out of old habits and responding in a new way. When we do, we too, can make things better.

'to live so that which came to [us] as seed goes to the next as blossom...'

Once again, there is the possibility of remembering joy.

Journal Prompts:

- In what area of your life are you 'less afraid'?
- Knowing where you are in your life now, what are you most longing for?
- What action would 'loosen your heart' and really excite you?
- What do you want to say "no" to?

“True success is the progressive expansion of happiness. It is the ability to express spontaneous joy and share it with others.”

- Deepak Chopra



I'm so excited that Sacred Circles is now a 'real thing' and not just in my imagination anymore! Creating this space has been part of a process of turning 'seed', to 'blossom', to 'fruit' for me. It is scary to step out of my comfort zone and do something new, but it has been so worth it. Building a space, a community where people can come together and feel at home in their own bodies and minds, reflect and recharge has been such a gift.

A friend said to me recently that we all need these circles – this opportunity to connect with ourselves and with each other.

I know it is our job alone to sift through our thoughts and experiences, pause and reflect so we can make sense of them... but doing this work in a safe space, with others, where no one is trying to 'fix, save or advise' us is helpful.

Circles create a sense of trust and reliance on our own inner wisdom. They make the process of self-inquiry easier and much less lonely.

These spaces can offer us an anchor, a new set point for realignment with our highest intentions. Through such a community, we are renewed and we remember.

Joy was the word I chose as my intention for 2021. It was a beautiful, but sometimes difficult mantra to keep top of mind but one I returned to when the going got tough. I picked it up when I was heartbroken, through surgery & a difficult recovery; as well as during the happy moments – watching children grow, spending time with loved ones and in feeling as sense of purpose.

I'm so grateful for each and every one of you.

Thank you for playing along.

See you in the new year! Love Sally



“A circle.... may just be the most powerful force known to humanity. If you have one, embrace it. If you need one, seek it. If you find one, for the love of all that is good and holy, dive in. Hold on. Love it up..”

- Jeanette LeBlanc





Sacred Circles

YOGA - CONNECTION - REFLECTION

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