

Pausing To Balance And Feel Better As I Go Video



A Little Something To Know...

These videos come in a set of the four elements: Fire, Wind, Water, and Air.

This one is EARTH (and trees).

They are reminders to pause, be, stand in your own space, and just breathe. They are wonderful when you just need something to slow you down and catch your breath. They are also great when you need something pretty, comforting, cozy, and sweet. Take a moment to pause.

A Little Something To Journal About...

In a fast-moving world, it can be easy to lose your balance. So every now and then it's good to pause and know where your feet are. It's good to stop and be sure that what you are standing on is solid beneath your feet. A little stop and check-in can make everything better as you go. So let's do it. Stop and check in. Where are you standing in life and what ground (beliefs, thoughts, understanding) are you standing on right now? Write it down. Give it words and give it wings.