

# Pausing To Stand Strong In The Light Video



## A Little Something To Know...

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

*This one is FIRE.*

*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.*

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## A Little Something To Journal About...



*There is a comfort to sitting in a room with a small fire at the hearth. There is a coziness in a candle-lit room. The sunrise coming up behind the trees makes us sigh knowing that we are here for another day. But what about YOUR light as you stand in the light of others and the light of the day? What does it mean to you to stand strong in your light? It's yours to own and to share. Write it down. Give it words and give it wings.*