

KEY TAKEAWAYS

Summary of day 2 session: The Hammer



- Let's breathe together in spite of the chaos and confusion that surrounds us now. Perhaps you can even breathe on behalf of those who are struggling to breathe today.
- Have you ever seen the movie "Inside out"? It's a must see! It is a great representation of what happens in our minds with the myriad of emotions that we experience as human beings.
- We can feel many different emotions at the same time.
- How are you feeling today? Perhaps you are feeling hopeful, courageous, sad, anxious all at the same time?
- Let's shine a light on our emotions today and bring them out into the open.
- COVID is scary and can feel even more threatening than a world war for example due to its invisible, unpredictable nature. Our own children could unknowingly bring the enemy in, right through our front doors!

"Being with broken" - Sitting with our broken pieces

- Just like a hand-made pottery bowl- we aren't perfect, we are flawed and we are all unique. We also all have the capacity to be broken and that is also okay. Can you think back to a time when you were a child perhaps and you were unbroken?
- The hard knocks of life have happened to us all and came especially thick and fast in 2020. Beginning with lockdown, then social distancing and missing out on important family gatherings. Death, loss, uncertainty and grief soon followed. These things have knocked each and every one of us and have hammered and broken our bowls into pieces.
- Now we sit with our broken pieces, resisting the reflex to instantly fix or judge ourselves. No need to reach for the glue just yet!
- What broken pieces are you sitting with? Identifying our broken pieces is imperative to healing and growing.
- It's okay to be broken and allow ourselves a moment to FEEL our feelings.
- Let us give others the space too, to FEEL and BE BROKEN without trying to fix them or invalidate their journey with placations.
- We are not just working at home, we are at home working in a crisis! Let us recognize the trauma we have all suffered and give ourselves space to FEEL

Our practice: Breathing into our broken pieces

Take a few deep grounding breaths as you still mind and look carefully within. Acknowledge your broken pieces by imagining cracks on your skin perhaps. Can you identify your brokenness? Take a moment here. Now, breathe into those broken pieces...breathe the message of light and hope into the cracks with every inhalation... and repeat to yourself, "It is okay to feel lost, It is okay to be broken, It is okay to feel."

Homework

- Carve out some "me time". Find an old bowl, break it and take the time to sit with your broken pieces. Try to resist the urge to reach for the glue for a quick fix! Breathe into your broken pieces for a few minutes.
- Shine a light on your broken pieces today and articulate them in your journal.

