

Be accepting

...Not only to know where you are but to learn to love what you find there.

Kathleen Norris

If, as you get in touch with your story, it seems messy, confused or painful, ask yourself how you would be if someone told you a similar story. It is highly likely that you would be empathetic and compassionate. So why not try it out on yourself?

How prepared are you to own up to the fact that sometimes (at least) the things which really annoy you in others are in fact characteristics you despise in yourself?

Give yourself room to breathe –

hear an invitation to come home to yourself –

be hospitable –

and become your own best friend.

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