

Be gentle

People are hungry for a different space of self-hearing and self-healing...Beyond the turmoil, a tenderness. Beyond the anger and bitterness, something akin to forgiveness. This space is born from honesty...and from the presence of another person who is not afraid of a slow journey through the desert.

Michael Paul Gallagher

What opportunities do you seek to foster self-awareness?

What do you have in place- or at least desire- for nurturing your inner life?

Denying yourself such space is a way of devaluing yourself.

How gentle are you with yourself?

Can you identify in yourself a harsher spirit?

Where does this come from?

And even more importantly: where does it lead?

What insecurities, poor self-images, perfectionist attitudes or demanding images of God are you aware of in yourself?

Have you found anyone with whom you can talk these things over?

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