



A RICH LEGACY TANGIBLE AND INTANGIBLE RICHES

From “Freedom Is...”

SUGGESTED RECIPES:

Peel the grapes (discovering layers of meaning and releasing constraining ones)

1. Tighten your body and hunch your back for a minute, and then let go of tension by standing tall. Once feeling tall and firmly planted say: “I’m alive”.
2. Ask yourself: How many “hats” have I worn in my life since childhood? Do any of these hats fit too tightly? What am I willing to do to relinquish hats that don’t fit to let my head breathe (live fully)? Who would I be, if I gave up wearing old hats? This is all about noticing if we’re in certain life roles because they fit our desires or they please others. Encourage yourself to freedom!

RECOMMENDED BOOK AND DOCUMENTARIES: Personhood: The Art of Being Fully Human by Leo F. Buscaglia; The Black Line, documentary by D. Channsin Berry; This Emotional Life, PBS documentary series