



**EXQUISITE
RELATIONSHIPS
NOURISHING OURSELVES AND OTHERS**

From “Love is...”

SUGGESTED RECIPES:

Put love into your life’s cooking (expressing love)

1. Thank yourself for all you’ve done to be in the present moment, and acknowledge the road you’ve taken or survived.
2. Look at yourself in the mirror and say words you’d like to hear. This may feel awkward. Still, try it! Your brain may begin construction of new roads that welcome these words...
3. Ask yourself: Who would I be, if I always told myself the truth about my thoughts and feelings?” What if you noticed your feelings and chose not to judge them?
4. Stand and take a few deep breaths, and when you feel relaxed and as tall as if a thread is pulling you from the top of your head, begin stating a list of “I am _____”. Experiment with this for as long as you feel like it. Some statements and feelings may surprise you. See if you notice the impact of your posture on the tone of your voice and choice of words. Even if standing isn’t feasible, consider this exercise as a way to explore the quality of your thoughts and words when feeling relaxed.

RECOMMENDED BOOK: How You Stand, How You Move, How You Live: Learning the Alexander Technique to Explore Your Mind-Body Connection and Achieve Self-Mastery by Missy Vineyard