

Permission to Pause

This is where the journey begins.

Many people are so busy performing, producing, caring, fixing, and responding that they no longer even know what they want. The first permission is the permission to stop long enough to hear yourself.

What is draining me?

What am I carrying that was never mine?

Where am I moving out of obligation instead of alignment?

What have I been too busy to feel?

You do not have to earn rest by reaching exhaustion.

