

REFLECTION : LET IT BE EASY

Let it be easy is my waking mantra. I don't expect there won't be sticky moments but I take it moment by moment and let intuition guide to where the flow opens.

- Where do you resist easy?
- What happens in you when something feels too easy?
- How do you make things harder than they need to be?
- What would a new relationship with ease feel like in your body?
- Where is life already showing you the easier way?

