



# PRACTICE:

## *Explore Expansion*

Can you give yourself permission to expand and take up space?

Can you accept your worthiness no matter what anyone on your list thinks? Can you accept the possibility that other see you as worthy? Can you accept the love of those close to you who see that worthiness?  
Can you accept that there are those that recognize your inherent worth from across this screen?

Can you accept that maybe there's nothing wrong with you? Can you accept the idea that you may already be complete?



Can I expand this self-compassion into self-love?



Can I experience the emotion and find peace?



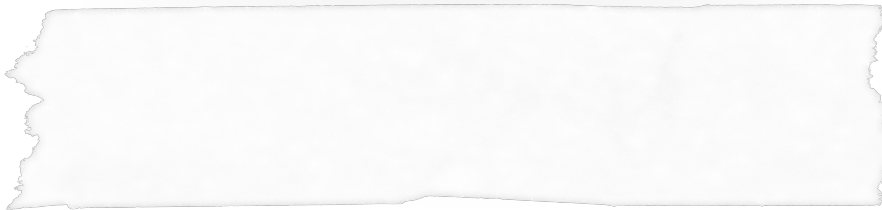
Can I experience the emotion and surrender?



Am I willing to expand my experience of this life to include all the things...  
Joy...Sorrow...Grief...Despair...Excitement...Shame...Exhilaration...Malaise...?



How does that feel? What physical sensations do you feel in your body?



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