



REFUTURE YOUR LIFE
INTERNATIONAL



Integration

With everything that's going on in our world right now, we're being called to slow down, integrate, and connect more deeply with self. So that's what we're doing this month.

COVID-19 is showing us very clearly how interconnected we are. We're seeing that everything we do has ripple effects, and that we're connected with those across the world through the air we breathe and the objects we touch. We see how our choices affect so very many others. With this awareness, it's easy to understand that we're also connected by energy, intention, and shared experiences and feelings..

This is a time of great fear and of great love. Of isolation and deep connection. It is a time of possibilities.

In all of this, your connection with yourself is your keel and rudder. On a sailboat, the keel is a flat blade that extends below the hull (bottom of the boat) down into the water. It keeps the boat on course as it counterbalances the thrust of the wind, and helps propel the boat forward. It also keeps it upright in strong winds. The rudder steers the boat.

Your connection with yourself keeps you steady with the winds of fear flow around you, when you feel buffeted by others' desires and agendas, and when your own S.T.U.F.F. swirls around inside you. It steers you in the direction you choose, into or away from the wind, toward the shore or the open sea.

Your connection with yourself is also your connection with the Universe and All That Is. It's both grounding and freeing, focused and expansive.

Deepening this connection – and expressing that connection in the world – is the work and adventure of a lifetime. It's truly what owning your power and expanding your life is all about.

The questions below will guide you to notice what comes up for you when you envision this deeper connection with yourself. Is there a fear, a longing, a dream that's getting your attention?

When I imagine connecting with myself more deeply, I feel _____

When I imagine connecting with myself more deeply, I notice this in my body: _____

When I imagine connecting with myself more deeply, I worry that _____

When I imagine connecting with myself more deeply, my greatest desire is _____

If anything's in the way of more deeply connecting with myself, it's _____

Anything else I'm noticing: _____
