



'Out of alarm and into connection' by Caroline

At this time when many people are struggling with questions about how to care for the world, it feels that the ways we meet ourselves and those around us needs to be filled with an even deeper openness and honesty.

Anchoring and honouring ourselves in the body, in the reality of our lives, allows us to discover responses that are born of love and receptivity, not reactivity. In a world that is troubled it may become more challenging, but even more necessary, to create the space and conditions that bring us out of alarm and into connection.

Clearly our deepest wisdom does not flourish in the kind of control we attempt to maintain through willpower but in letting go and opening ourselves to the unpredictability and spontaneity at the heart of life. It takes a lot of patience, kindness and commitment to pause and listen, to open eyes, ears and heart so we can be moved beyond our programming and beyond our lack of trust in life by that which is fresh, creative, alive.