



FTLOH MAY NEWSLETTER

MAY IS FOR PERMISSION

Hello May!

Grade school refresher: Can I . . . means do I have the **mental and physical capability to do something**. Can I make the salsa? Can I play tennis? He can compose an entire symphony in his head. She can run a five-minute mile.

May I . . . is used to **denote possibility or permission**. There may be a storm tomorrow. I may attend the party this weekend . If I finish my work I may take a walk. May I use your restroom?

In regards to consciousness you have the CAN capability for growth. So let's think of all the ways you MAY give yourself permission to follow your heart's possibilities **because** you already CAN.

Meditative Moments

Take few minutes to ground and center by taking several slow deep breaths giving yourself permission to feel the movement of your breath throughout your body. Once you feel quiet, calm, and centered bring your focus to your heart center and just be with what you experience. You can visualize a circle of light, a feeling of peace, joy, an inner smile—use your tool to feel your truth from your heart center. Now say the following “May I’s” one at a time perhaps repeating it several times silently to yourself or out loud and just be with what happens. Notice any feeling, sensation, image, emotion etc. Give yourself permission to be more of who you really are and not who you THINK you should be.

May I be more creative in a healthy way

May I be more loving to myself

May I be kinder to myself

May I shine my light more brightly

May I feel more peaceful and calm

May I be a healing presence

As you work with this exercise you may discover other “May I’s” to add to the list. **Happy “May I” Month!!**

MAY Classes - <https://www.fortheloveofhealing.com/events/>

YouTube Content - <https://www.youtube.com/@4loveofhealing>

Articles—Articles * For The Love Of Healing

Image above by Annie and the Doodle Collage on next page: Patricia, Stacey, Lucia, Jennie, Laura, Judy, Sharon

Many of you are enjoying Sharon’s Doodle Class having given yourself permission to be meditatively creative. We wanted to share some of the art work from those classes.



Appreciatively,
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