

nourish  
your light!

nutrition.  
health.  
yoga.  
spirit.

**ACTION**  
engaging in life,  
crafting our reality,  
putting insights into motion

NEW  
NORMAL

until it starts again...

**INTEGRATION**  
evolution into an  
expanded view,  
new insights,  
awareness

**NORMAL**  
ongoing flow  
of life

**CHANGE/CHALLENGE**  
interrupts normal flow of life

Connection  
to Source, Heart,  
Essence

**RESISTANCE**  
attempt to apply old  
ideas, strategies, patterns to  
control change and force normal

**SPACE**  
breathe, relax,  
feel, watch, allow,  
hold heart,  
listen to voice of inner  
wisdom,  
honor time

**CHAOS**  
confusion, catharsis  
belief system challenged,  
world falls apart

