

My
desires
matter.

Jennifer Louden



How good
would it feel to
settle right here,
right now?

Jennifer Louden

It is safe to
desire.

Jennifer Louden

What do I
really want?

**Even if I can't
have it.**



Jennifer Louden

The
grounding
grace
of inner stillness

welcomes you
right here,
right now.

Jennifer Loudon

I'm allowed to be
afraid and still
take action.

Jennifer Loudon

Instead of

I will give myself

.

Jennifer Loudon