



Connecting in Community

with Dr. Shana Johnston

Week 1 - Reclaiming our Power, Reclaiming Ourselves

Reclaiming our power, reclaiming ourselves is about making time in our busy lives to support ourselves, to connect with our inner wisdom and to learn some tools to help us face the inevitable challenges of life.

We are already whole and complete. We have within us the power and the wisdom to live our lives with intention. To make choices about how we spend our time and energy. To decide for ourselves what our priorities are and how we choose to live our lives.

By noticing our thoughts, listening to what our bodies are telling us, tapping in to our own inner wisdom, setting clear boundaries and treating ourselves with kindness and compassion, we reclaim our power and move through our lives from a place of strength and wisdom.

During this course, we will explore a number of tools that can be used to reclaim our power:

- 1) Mindfulness, meditation and creating a sacred space
- 2) Embodiment and emotions - understanding our nervous system
- 3) Intuition and accessing the wisdom of our wise woman within
- 4) Boundaries and conscious choices
- 5) Self compassion - learning to be kind and gentle with ourselves
- 6) Integration - putting it all together and setting intentions for the future

Journaling prompts:

How do I support myself through life's challenges? What tools do I already have?

What can I do to support myself in getting the most of this course?



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Invitation for home practice:

- 1) I invite you to reflect on what tools you already have to support yourself
- 2) What are some other ideas you have for ways you could support yourself?
- 3) Are there any changes you need to make to protect this time for yourself each week in order to make yourself and your needs a priority?

Resources:

This is a really inspiring article with great ideas on reclaiming our power as women
https://www.huffpost.com/entry/women-only-7-steps-to-reclaim-your-power_b_5a1afb85e4b0250a107c0046

IT'S YOUR HUMANNESS THAT INSPIRES ME

It is your humanness that inspires me:

Your ability to choose to rise, fall after fall.

It's your humanness that inspires me:

The time you chose the light when it was darker than ever before.

It's your humanness that inspires me:

How you found the courage to let the life you had so consciously created crumble and fall.

It's your humanness that inspires me:

When you share your heart, cracks and all.

It's your humanness that inspires me:

That you tell the truth about how hard life got and how you're different from before.

It's your humanness that inspires me:

The day you let your old self die, in order for who you were becoming to be born.

It's your humanness that inspires me:

How no matter how many times you doubted it, You never stopped answering the call.

- Rebecca Campbell