

A PRAYER

Feel as you feel  
Need not a response

Soften to grow

Look left and low for listening

Listening

No-one is ever right

Big hearts beat

Beat

Beat

Beating

Beating the beasts by loving them

And loving yourself

<sup>Loving</sup> Your mother, <sup>Loving</sup> your child

Forgiveness. Flows. Furiously.

Feel as you feel.

A PRAYER FOR SELF HEALING

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I am enough

I have enough

I am willing to share myself  
with others

even though they may turn from me

I give enough

I am enough

My resistance is not to retaliate

but rather to go deeper

within myself

I share enough

I love enough

I am <sup>in</sup> control of who and what I

invite in

I feel the child inside wanting  
approval

I hold out my hand and say

"You are enough"

I am enough

Together we can heal each other

• S+D sleepover par

• A Woman + Time

• Line dance

• Divergent Diver

• Weary Witness

• Hands

• T+T: WOMEN WE

• Tahlia → TABLI



1. WANT / DON'T WANT.

DRAFT 1.

chance

2. WOMEN WE KNOW

2b. smash the wine glass w/

3. SUSTAINABLE GROOVE MOVES

3b. DIVERGENT DIVAS / FEEL GOOD / TT

4. WEARY WITNESS

lately  
I have  
been

4.5 let the embers settle.

TAKING TIME

a woman  
taking  
time

• Hair out  
• Anonymity/Sensation  
• Ancestor Hands  
• Hand channels

NeKnow

1st Call

sustainable gro

add water

ayer ph

Waltz

# PERMISSION TO

/Rest/stop/Burn/Play/Dance/Feel/Laugh/Release  
/GO/Ask/Not Know/Wallow

Go in

Feel nothing and everything

To BE WHOLE...

to not care... especially when others say you should

To cry

feel the sun that lives inside  
again and the pain