



PERMISSION TO REST

by Kathy Roy

Divine Beloved

May I learn to be gentle with myself,
granting myself permission to rest and relax
as I need to.



May I know that I am valuable,
even when I am not working.

May I let go of grasping at productivity
as the basis of my 'enoughness'.

May I trust that I am loved and worthy,
in my Being
and not just in my Doing.

May I become a better caretaker of my energy,
respecting my body's signals for rest.

May I embrace the joy of sacred pauses in my day,
with a cup of tea,
a good book,
a quiet breath.

May I yield to the gifts of rest,
letting go of pushing, striving, reaching...
to make space for replenishment to fill me.

May I lean into the ancient rhythm of Winter,
and welcome it's offering of renewal.

May it be so.

