

Honor Your Inner Warrior

The success of our life is often measured by how we feel on any given day. When one can find the courage to face the day with an open heart, you have won the day, and the moment, and you are a success. Your ability to react to life in a such way that you preserve what is most valuable, your heart, speaks to your strength and your courage.

This month is Honor Your Inner Warrior Month. You have made it through a time week where unspeakable traumas have been perpetrated on others, and ego driven philosophies guide the political narrative. You have cared for yourself, your family and friends. Many of you work to support yourself. With all of this you wake up and come to life with an open heart.

You are a hero for preserving your truth. You are a warrior. Thank you for showing up!