

## *Release and Renewal*

*By Ellie Herndlhofer*

Hello and warmest welcome to this month's Moment to Nourish.

I really want to warmly invite you to settle into this moment and to gift yourself all as you need to be able to settle in more fully in comfort and spaciousness for this time. Settling into a place of stillness when you feel ready, maybe closing the eyes or lowering the gaze. Whatever it is that is most supportive for you.

Today I'm really inviting in the gifts and the wisdom of the cycles that exist and are ever turning within us and all around us in any given moment. I'd love to turn towards the grace and wisdom of these cycles through the great gift that is our breath that's moving through us. Just noticing the rhythm of your breath in this moment. Noticing how the inhale and the exhale are cycling through you. Being present to the energy of expansiveness that is available in every inhale. Being present to the energy release that is available with every exhale.

We find these cycles within mirrored all around us in the wisdom of the Earth's cycles: the seasons, the day in the night, the moon in their fullness and darkness. Just inviting us to consider the fullness of each cycle and how it's possible when each part of the cycle is fully embraced. That includes the light and the darkness. That includes the life and the death. That includes the renewal and the letting go. Recognizing that all that lives in the soil, the rich organic matter, that feeds the renewal of life has come from the ending of another life, has come from death. And so I wonder what is made possible when we can fully turn towards energy of letting go and allowing endings when they're needed. Allow ourselves to trust completely that the cycle will continue to turn and something new may emerge from the energetic organic matter that is created from endings. Trusting that the compost turns to gold and that in the wisdom the Earth and the wisdom of nature can be fully present for us in our trusting in these cycles of renewal and release.

Just inviting you, if you feel to, to inquire as to something that maybe you're ready to let go of so that cycle can turn towards renewal and something new may be birthed in your inner world or outer world. Or maybe it's as simple as allowing that cycle of breath to turn towards consciously releasing the breath with the exhale and welcome in the spirit of renewal with your next inhale.

And turning now towards feeling into your place on this Earth. Feeling the ground beneath you. Maybe you want to place your hands on the floor. Noticing the sensations of gravity in the body, anchoring you here. And as gently as possible, coming back into the physical space around you maybe opening in the eyes if they were closed. Wishing you much beauty, much bliss in your day. Go well.