

Kates

A Few Professional Resources

Utilized in Planning for Nurturing YOU!

DeSteno, David. *Emotional Success: The Power of Gratitude, Compassion, and Pride*. Boston: Houghton Mifflin Harcourt, 2018.

Pransky, Jillian. *Deep Listening: A Healing Practice to Calm Your Body, Clear Your Mind, and Open Your Heart*. USA: Rodale, 2017. *

- Katherine McClean and I (Rosanne Kates) attended a three -day retreat at Kripalu in Lenox in January with Jillian Pransky. She welcomed us to the mat with this lovely meditation from her book:

Welcome Your Self

“In whatever way you’re showing up here. . .

wherever you may have been. . .

gather your whole self up

and let yourself know you’re welcome here.

Whether you’re showing up with expectations. . . or with fears. . .

whether you’re showing up in joy. . . or in sorrow. . .

take a moment to greet yourself

exactly as you are right now.

Gather yourself up and welcome all of you:

your mind, your body, your breath.

Welcome your mind onto your breath,

Welcome your body into the room.

Your breath is always welcoming you.

Meet your breath with your body.

Greet your breath with your body.

Take a moment to be with your breath.

Take a moment to be with yourself.

When we feel welcomed, we show up more.”

Visit jillianpransky.com for more inspiration.