
3. My BODYMIND KNOWS.
1. Every day is different. THERE IS NO NORMAL DAY.
2. Instead of being OBSERVED by my inner CRITICS, I choose to be GUARDED by my CRIP ANCESTRY.
4. Thoughts of general frustration may have their origin in painful bodily SENSATIONS.
11. Living with a chronic condition is an INSPIRATION for every one in a world of oppressive *isms* of normalcy. We are doing large scale community work.
5. I am regularly RELOCATING myself in my cycle(s). That can be the ebb and flow of flare-ups and recreation time, my menstrual cycle, the SEASONS, etc.
9. Living with a chronic condition is a full time occupation. As I witness myself having a condition AND a life, I am aware of how POWERFUL I am.
SELF
8. RESTING can also mean doing something else than before, like moving quietly, calling a loved one, hugging a neighbor.
7. RESTING is a RELATIONAL ACTIVITY that my bodymind offers for digestion.
6. When OVERWHELMED, tracing back activating moments of the past hours/days/weeks etc. may help me to decide for having a REST.