



Strong from Within

Transformation Forum with Ann Strong

Integration Call Sept 12, 2017

Fully Engaged

One foot in.
One foot out.
A familiar way
of being.

The accompanying angst,
Tug-of-war within.
A familiar
feeling.

Always trying to choose.

Deep breath.
Allowing both to be.

Fully engaged.
With both.
With all.
Deep breath.

Allowing both.
Allowing all.
Fully engaged.

~ Ann Strong

*From her forthcoming second book, Strong from Within:
Simple practices and prayers for embodying and expressing ALL of you*

Questions?

Answers:

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