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the **GENTLE** path

G



Grounded in what is *real*.

E



Expressing emotions with *self-compassion*.

N



Nourishing our *nervous systems*.

T



Trusting in God's daily *presence and care*.

L



Listening to our body's *quiet wisdom*.

E



Embracing micro-movements forward in *hope*.

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the  
**heartlifter** WAY  
WITH JANELL RARDON