

song: *A Little Respect* – Esasure

week #28

respect: (noun: own it)

- a feeling of appreciative regard; esteem
- the state of being esteemed or honored
- willingness to show consideration or appreciation

adoration, appreciation, awe, consideration, courtesy, dignity, esteem, honor, recognition, regard, reverence, tribute, worship

“In the end we are all separate: our stories, no matter how similar, come to a fork and diverge. We are drawn to each other because of our similarities, but it is our differences that we must learn to respect.” –Anonymous

Sometimes, we have regrets. Sometimes we look back and think, **“Wow, if I'd only known then what I know now.”** The good news is that you know now what you know **NOW**. . . Now is the present. You Are Here. Right now you can make choices that only lead you to self-respect. Some people may mistake this for selfishness. Don't try to change what others think. *Know what you know.*

“Would there be an award for people who come to understand the concept of enough? Good enough. Successful enough. Thin enough Rich enough. Socially responsible enough. When you have self-respect, you have enough.” –Gail Sheehy, American Author/Writer

When you respect yourself, you become an unlimited being, with unlimited potential. This week, consider self-care through nutrition, exercise and rest. This week, consider how you allow yourself to be treated by other people. Reflect upon your personal guidelines and consider all your options with each situation. This week, honor yourself as a unique human.

Respect who you were and your ability to grow and change. Respect who you are and the contributions you make to the world. Respect who you will be and prepare, with patience, for that day.

Action: Oprah once said that she feels being a mom is the hardest job in the world, moms don't always get the respect they deserve. This week, show respect and gratitude for all the moms you know who work with awareness to build a strong home and foundation for their children.



Your injuries and movement limitations have come from your life experiences. This week, when engaged in your Fingerstand - Drops, move with respect for your body; and with gentle patience and determination, grow stronger and more flexible every day.

July Color: Coral Blush

The color for the month of July is Coral Blush. This color is aligned with feminine energy and increases receptivity.

July Chakra: Root Chakra

The Sanskrit word for the root chakra is *Muladhara* which means root support. It is upon this foundation that a strong structure is built.