

Spring blessings to each of you!



On Finding the Voice of Acceptance - By Abby Seixes

The bud
stands for all things,
even for those things that don't flower,
for everything flowers, from within, of self-blessing;
though sometimes it is necessary
to reteach a thing its loveliness,
to put a hand on the brow
of a flower
and retell it in words and in touch
it is lovely
until it flowers again from within, of self-blessing . . .

Wishing you the gift of self-compassion today and every day!

Warmly,
The Women's Table



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