

Receiving with *openness*

As we journey toward greater **present moment awareness**, we start to notice all that is happening outside of us, and inside of us.

Right now, you might notice the sights and sounds around you— light from a window, traffic from the street. You might also notice your internal state— thoughts about all you have to do, feelings about what happened yesterday, sensations in your physical body.

What can we respond as we become more aware of our experiences? That's what today is about. We cannot always control the experiences that we have, but we can choose our posture toward them.

You may or may not resonate with the idea of *acceptance*. But what about *openness* and *curiosity* toward your experiences, in the world around you and within you?



Today's journaling prompt:

In what areas of my life would I like to be more open and curious toward my experiences?
What is my life inviting me to explore or embrace in this season?

Note: choosing acceptance, openness, and curiosity toward our inner experiences is not the same as *liking* all of our experiences or becoming *passive* toward circumstances we would like to change. Rather, it's a posture that can help us release our struggle with ourselves. In this shift, we can experience more spaciousness and freedom to take meaningful action that reflects what matters to us.

Thank you for journaling with us! Look out for more prompts on our website: startbrio.org/journal-with-us

