

WHAT A VIEW

It was Spring in Big Bend. The sun was just coming up over the base of the rockies. The weather was crisp and cool. The sky was blue and pink. My heart was full. I wore hiking boots and my last clean t-shirt. Primitive camping for the first time. Had no clue what I was getting myself into. *Loved* it. The beauty plus the adventure and my very handsome trail guide *made* the experience! Merrill and I had been dating a few months and this was a test. One of my best friends predicted he would tell me he loved me. At the time, I sure hoped she was wrong. Three days later I sure hoped he would. As we sat looking over the amazing Ernst Tinaja, Merrill said, "What a view". My heart skipped a beat. Wait. Did he just tell me he loved me?

He did not.

A view changes everything.



From imagining words being spoken that weren't actually spoken, to believing something about ourselves that isn't actually true, perspective makes all the difference.

Our inner world informs how we see the world. Sometimes the ways we have learned to understand our lives in order to survive can make right seem wrong and good feel bad. And that can change everything.

When we slow down and pay attention to our inner world and the wisdom of our bodies, we can receive clear, honest, wise insight. Then we can begin to trust that guidance and life can start to shift.

The greatest perspective shift of all?
There is not one thing wrong with us.
We make sense. We are whole. We are good.

That feeling you have? It makes sense.
The dread in your gut? There is a reason.
The stirring in your soul? There is a message.

Our Spring Sacred Way Group on Sexuality is wrapping up this May. It has been a beautiful and bonding time, learning and sharing powerful, vulnerable truths through our sexuality.

We have learned how our bodies respond perfectly. If we let them, those responses can become wisdom to guide us. Our bodies are not a problem, they are wise guides. We witnessed first hand how our view of ourselves and our bodies makes all the difference in how we interact with ourselves, our partners and our people. We possess all we need in order to become whole. Gently and compassionately noticing how our bodies respond can bring wise guidance to our lives.

MAY 2026

If you're curious about learning to listen more or explore how to experience deeper love and respect for yourself, consider some small slight shifts:

A SHIFT
Instead of "I'm being ridiculous",
Try "I am struggling right now";

Rather than "How could I",
Try "I am doing my best".

Offer yourself the compassion and benefit of the doubt you would give your favorite person.

Or, if you're wanting an intentional space to explore this work, consider a special space this summer:

A SUMMER OPPORTUNITY
In June, July and August, I'll be offering one day mini retreats for part of a Saturday. These will be immersive, condensed versions of the Sacred Way Spirituality, Grief and Sexuality groups.

Perspective shifts can change everything!
What might happen if you see your sweet self and wise body through a radical lens of love and compassion and then just notice what unfolds?

You just might find that

You can be you!
What a View!
You love you!

And so do I ...

Beth