

My name is Julica, and I am delighted to offer you this blessing.

If it feels right and good, I invite you to warm up your hands, charge them up, and as I extend my hands out to you, I invite you to receive this blessing in whatever way feels right. Maybe your head, or your cheeks; your heart, or your belly. I invite you to receive.

A blessing on you.

A blessing on your wonderful, imperfect body.

A blessing on the way that you show up in this world.

A blessing on whomever you choose to love.

A blessing on your ability to decide how to express yourself, how to show up in the world, how to be.

A blessing on your reproductive freedom and your choice.

A blessing for all of the times that you were told you were not enough, or weren't doing it right, or weren't wearing the right clothes.

A blessing on you giving yourself permission to be exactly who you are, who YOU know you are.

I invite you to move into your body, however feels good and right to you.

Know yourself loved.

Know yourself blessed.

Trust that you have everything you need to do the next good right thing – and we are doing it together in community.

A blessing on these tired, hard-working bodies.

Give yourself a kiss.

You're doing great.

Blessings, beloved.