



Sacred Depths Certification

Honoring What Is Worksheet

Honoring What Is: A Practice

1) A great way to practice the skill of Honoring What Is...is to Honor What Is in your own life

One of the most difficult – yet most healing practices we can offer ourselves is to truly and deeply Honor What Is in our lives and in ourselves. Most of the time, we judge What Is, we fight against What Is, we wish What Is away. And when we do this, we create deeper frustration, self-loathing, Victimhood and a negative outlook.

I have a regular practice of Honoring What Is – Honoring the not-so-savory things, the less-than-successes, the frustrations, the unfair luck of the draw. And the result of Honoring is the same as when we do this for clients: more calm, more peace, more grace, more hope, more validation, more trust.

I invite you to take some moments and list 10 things in yourself and your life that would benefit from Honoring What Is. Write each one down, and for each one, take a moment, hand on your heart, and deeply Honor It.

For example (from my real life):

I Honor that my mother has a debilitating illness that has impacted me greatly. I honor myself for all I have been through as a result of her illness. I honor the pain, the disruption, the heart-ache. I also honor that I am who I am because of this, that my deep listening skills and ability to hold sacred space are a direct result of these experiences.

2) Journaling

- How were not-so-savory things Acknowledged or not Acknowledged in your family of origin?
- Historically, how have family members and others responded/reacted to you when you have acknowledged not-so-savory things?
- When we avoid Honoring What Is, what are you *actually* avoiding or afraid of?