

You're building your  
world with wiser hands.  
Worship the storm that left  
you here. It gave you new  
language.

Victoria Erickson

This is the story, the story of a storm that crossed through to sweep you up and rip you open to drop you to the ground exhausted and seeking any or all air. The storm that gave you yourself again. It is from yourself that you are able to find the new language of being, the new experience to breathe, the new way of understanding.

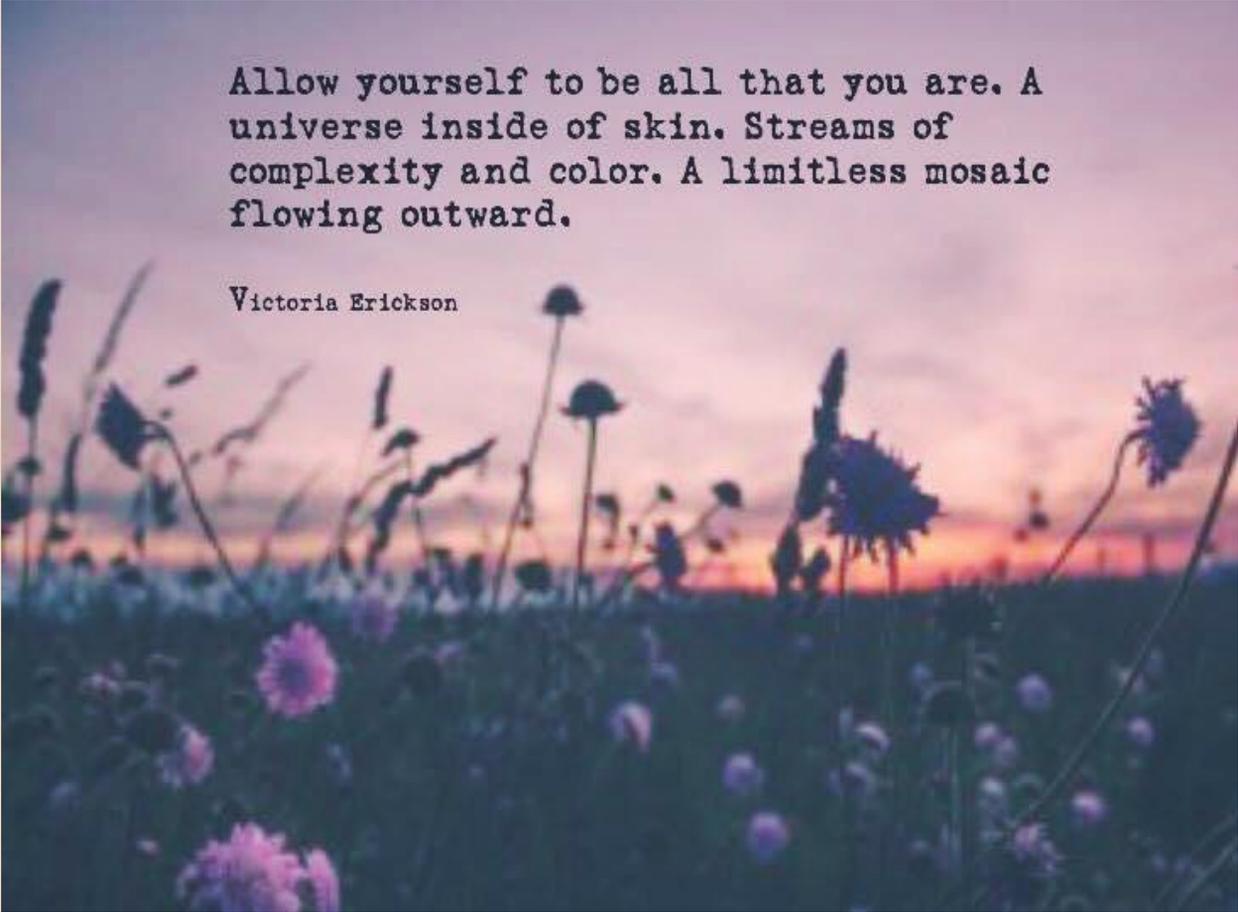
*What weakness has gifted you your greatest strength?*

All that stopped you  
between yourself  
and what you wanted  
was the belief that  
it had to be hard.  
It doesn't have  
to be hard.  
The sky leaves a light on.  
Calls it the unlearning.  
Over and over.  
Let the sun in.  
Untie your ropes.

Victoria Erickson

We hold onto our own perceptions and learnings with such great attachments, we forget to let the sun into our rooms, now cluttered and heavy with with the ghosts of the past. Untie the ropes of yesterday and allow the sun to find its way to you again, as it is still reaching.

*What is the largest weight you carry and how can you release it?*

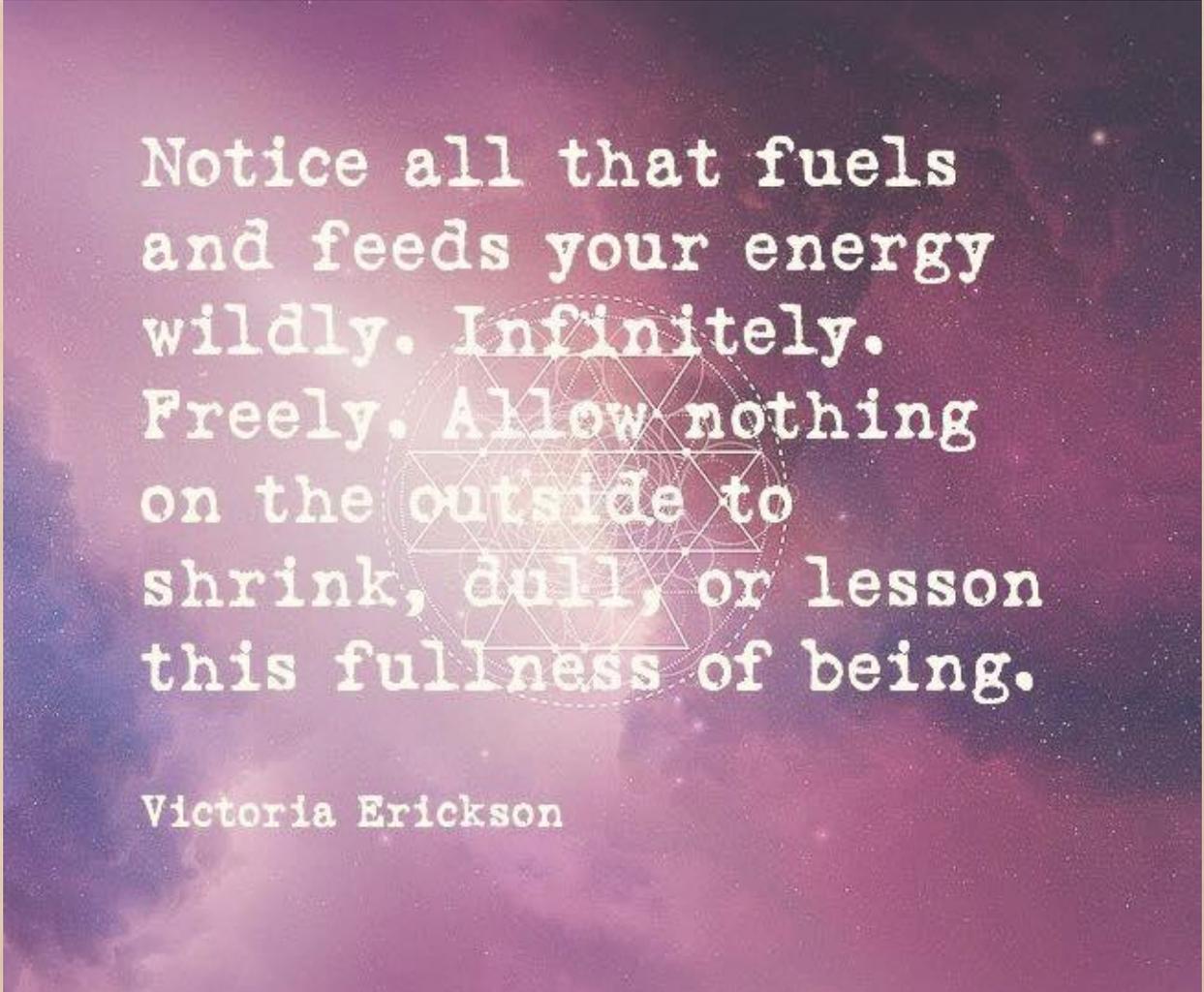


Allow yourself to be all that you are. A universe inside of skin. Streams of complexity and color. A limitless mosaic flowing outward.

Victoria Erickson

You are so much more than certain streams of things. You are a fluid river deepening with limitless experience and story, forever evolving your being. Relax into this simple complexity.

*What is your favorite paradox about yourself?*

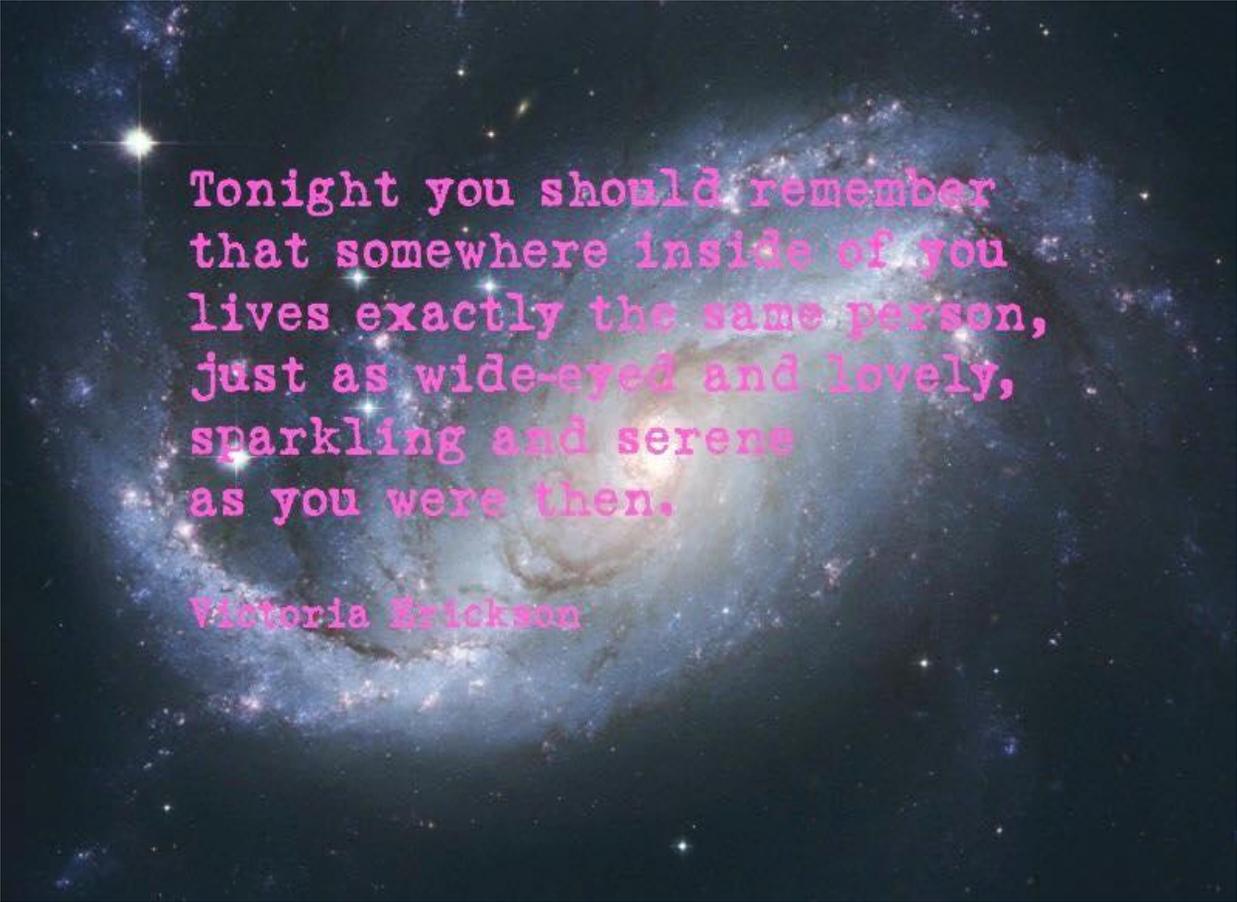


Notice all that fuels  
and feeds your energy  
wildly. Infinitely.  
Freely. Allow nothing  
on the outside to  
shrink, dull, or lessen  
this fullness of being.

Victoria Erickson

Energetic blocks are not yours to carry anymore.  
Dissolve them. Seek the water that clears the river  
again. Make this your practice.

*What are you most passionate about and how can  
you best hold that energy?*



Tonight you should remember  
that somewhere inside of you  
lives exactly the same person,  
just as wide-eyed and lovely,  
sparkling and serene  
as you were then.

Victoria Erickson

Remember a time when you felt amazing. Physically.  
Mentally. Spiritually. Dreamily. You are still that  
same person. Return to the space of what has always  
been.

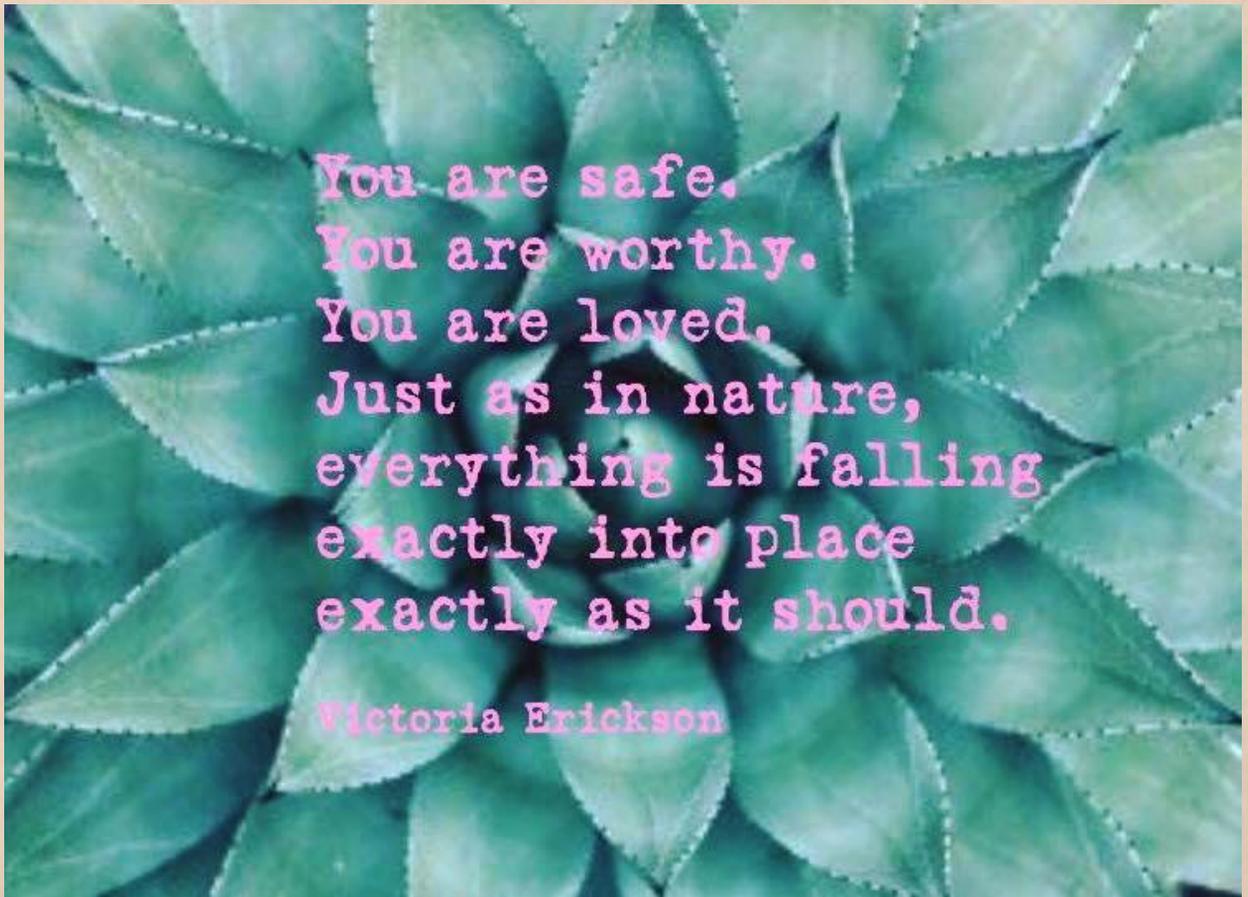
*What moment stands out for you most when you  
felt like your best self?*

You don't have to share  
it or talk about it or  
ask about it. But you  
need to feel it.  
Quietly. Deeply. Fully.

Victoria Erickson

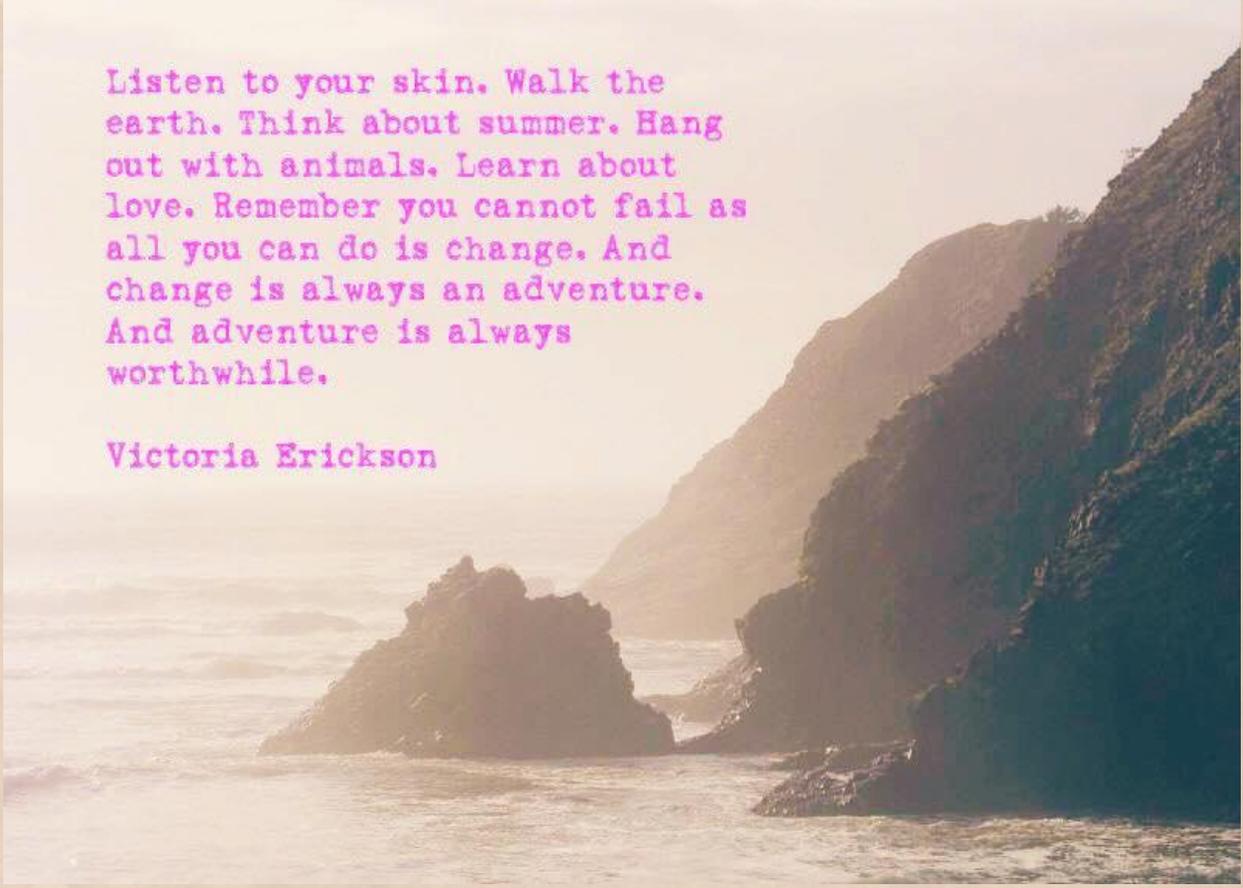
Heightened sensitivity makes you alive in every sense of the word. You might suffer more but also love harder, dream wider and experience deeper horizons, and bliss. Sensitivity is your strength. Feel into it, soak in the light, and spread it to others.

*What is your favorite sensation?*



A meditation, an affirmation, an obligation to never leave or abandon yourself as the universe is unfolding exactly as it should.

*Is there something that happened that made room for something bigger and greater?*

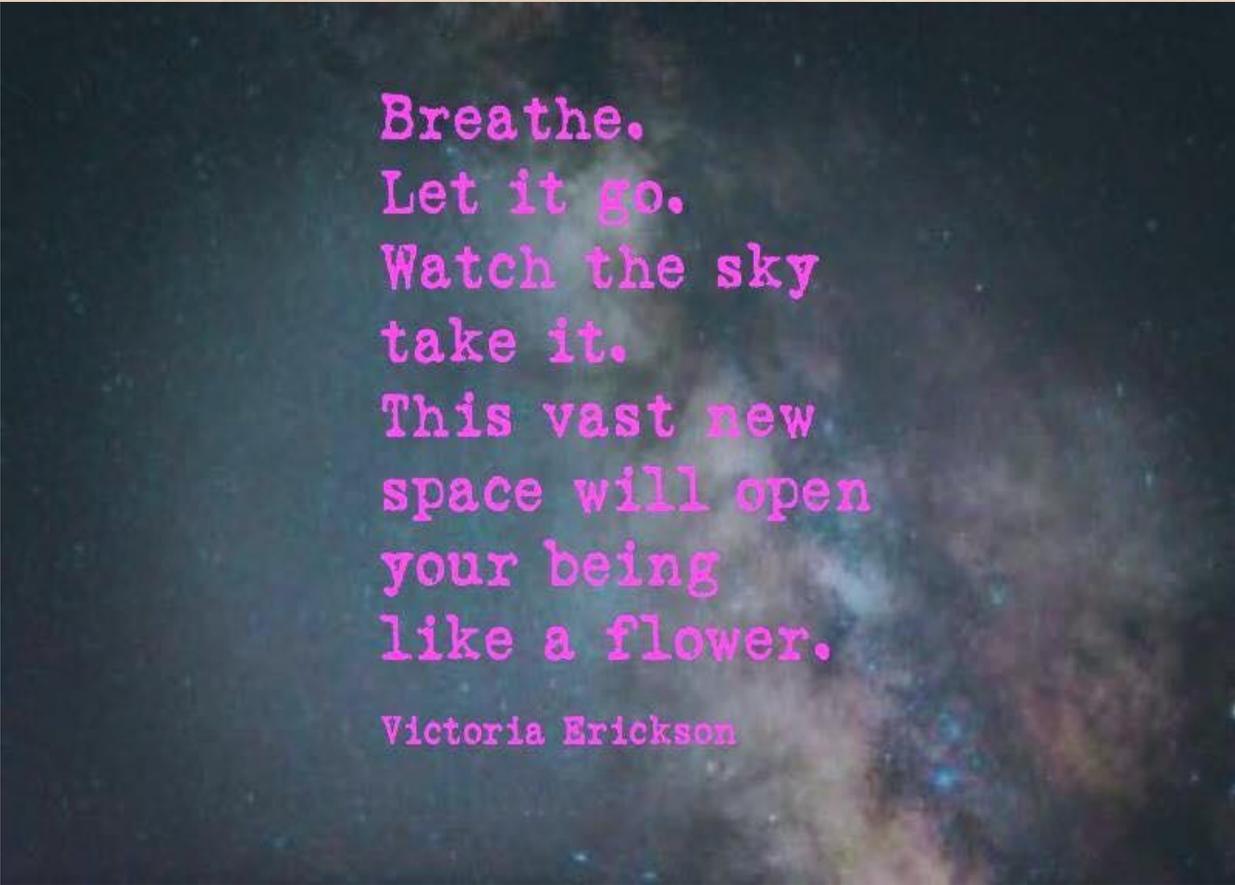


Listen to your skin. Walk the earth. Think about summer. Hang out with animals. Learn about love. Remember you cannot fail as all you can do is change. And change is always an adventure. And adventure is always worthwhile.

Victoria Erickson

Return to your body, to the earth, and to the place of love. Choose adventure over fear, always. May you burn in the fire after touching something true rather than feel nothing.

*What change in your life has become your greatest adventure?*



Breathe.  
Let it go.  
Watch the sky  
take it.  
This vast new  
space will open  
your being  
like a flower.

Victoria Erickson

Let go of what no longer boosts your aliveness. Let it land where it will. Open your space for new blooming.

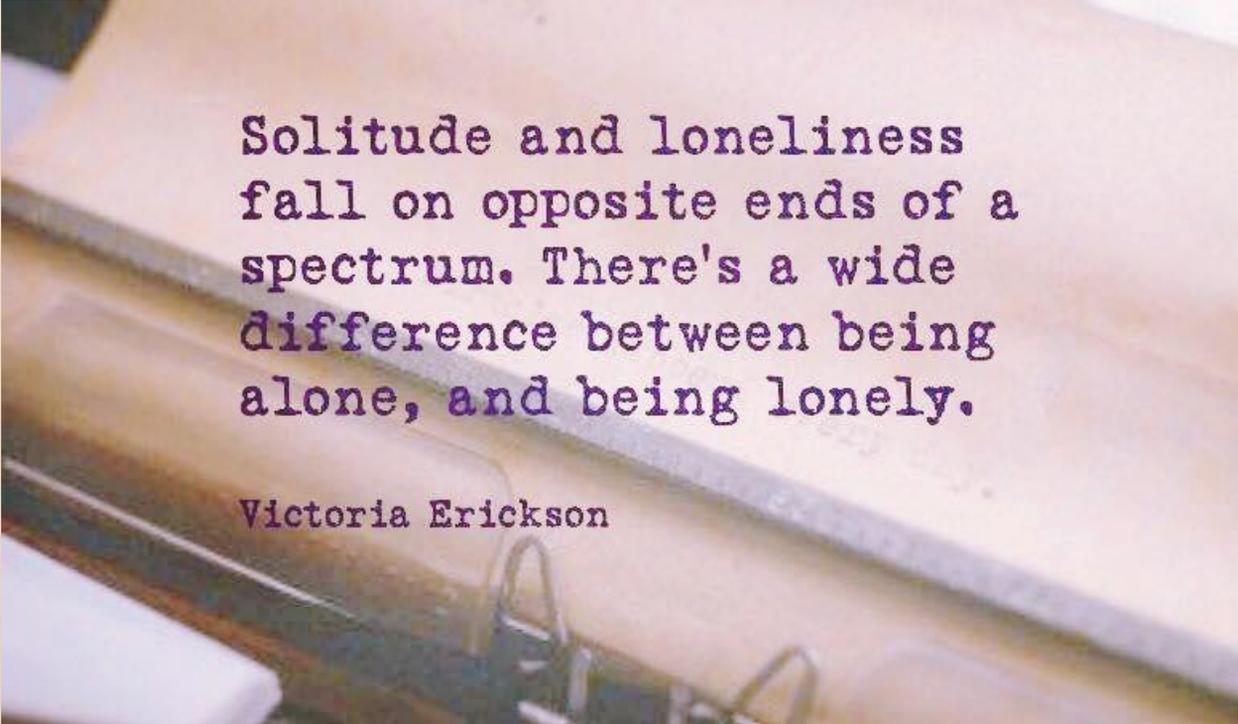
*What do you most have to let go of for a new garden to grow?*

Remember you are more  
than just skin and bones.  
You are one thousand  
stories of before.  
One thousand stories  
of potential.  
One thousand stories  
you've yet to see  
and know and breathe.  
And it's something  
beautiful.

Victoria Erickson

There is time and there is beauty ahead. There is so much  
more than what has happened to you.

*What is your greatest dream?*



Solitude and loneliness  
fall on opposite ends of a  
spectrum. There's a wide  
difference between being  
alone, and being lonely.

Victoria Erickson

Spend time with your solitude. Nurture and love it. Know that it is there to gift you clarity and vision.

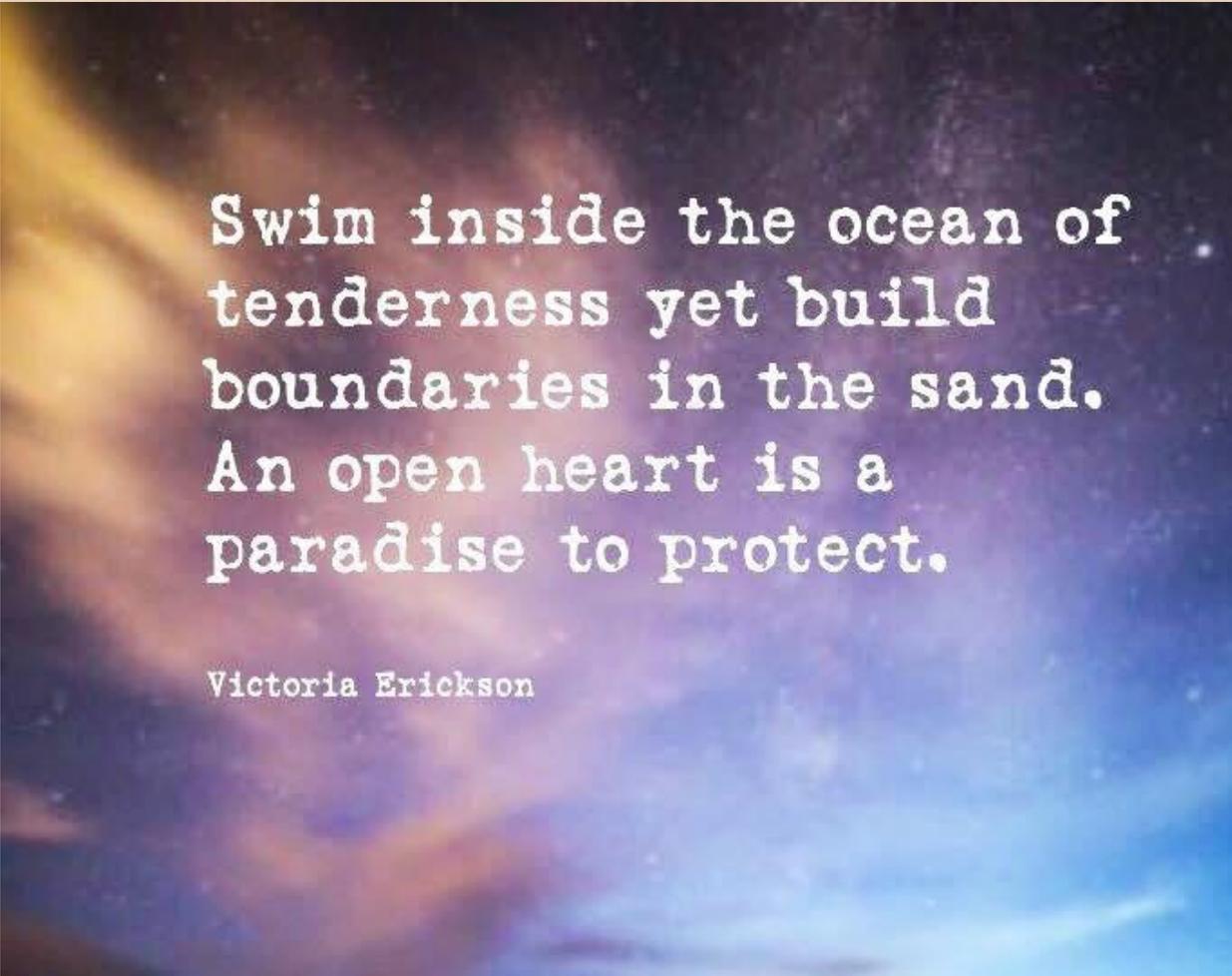
*Where is your favorite place to be completely with yourself?*

You must be patient  
when you are growing  
from the place  
where you have lost.  
Soak in the rain  
and devour the sun.  
Your soils will  
surge again.  
And you will blossom.

Victoria Erickson

Healing takes time. Everything works in cycles.

*Do you remember the last time you felt the spring of blossoming after disappointment?*



Swim inside the ocean of  
tenderness yet build  
boundaries in the sand.  
An open heart is a  
paradise to protect.

Victoria Erickson

Boundaries are not walls. They're beaches others can bask on. Not everyone should swim your oceans.

*Imagine the waters surrounding your heart. Think of someone that truly cares for them. Who is that person?*