



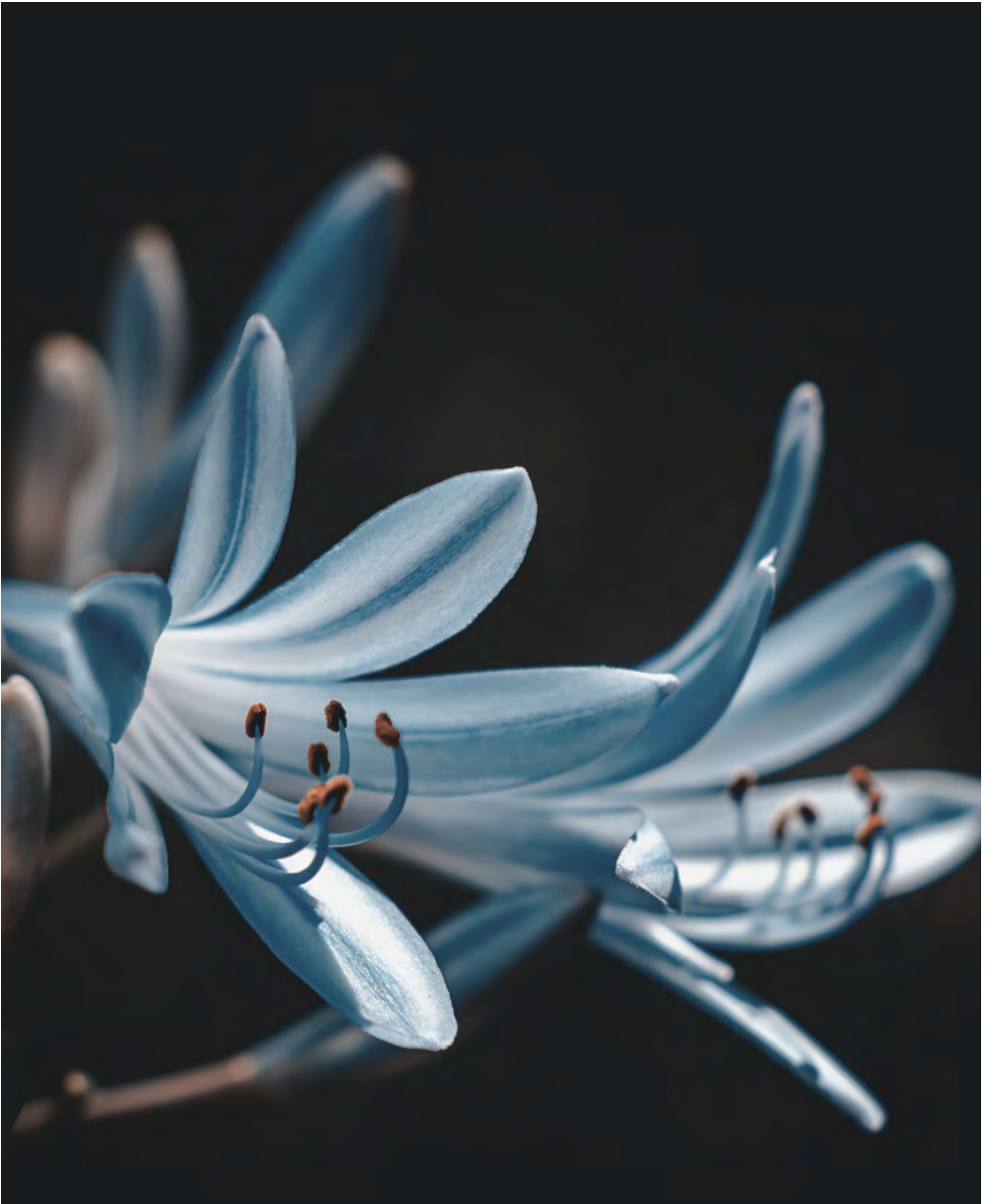
# WE HUMAN ON

A QUIET BOOK OF LISTENING  
*from the creator of The Grief Practice*

*Welcome.* Thank you for being here right now.



The pages that follow are an invitation back to your essence.



If what you are longing for met you who is listening,  
what energetic exchange would happen?

*LOOKING*

Is there anything pleasing about the location you are in  
right now?



Is there information in this silence  
that can be known but not understood?

*LISTENING*

WHEN IS THE LAST TIME YOU FELT AWE?



*What do you notice now?*

# RELATIONAL SAFETY

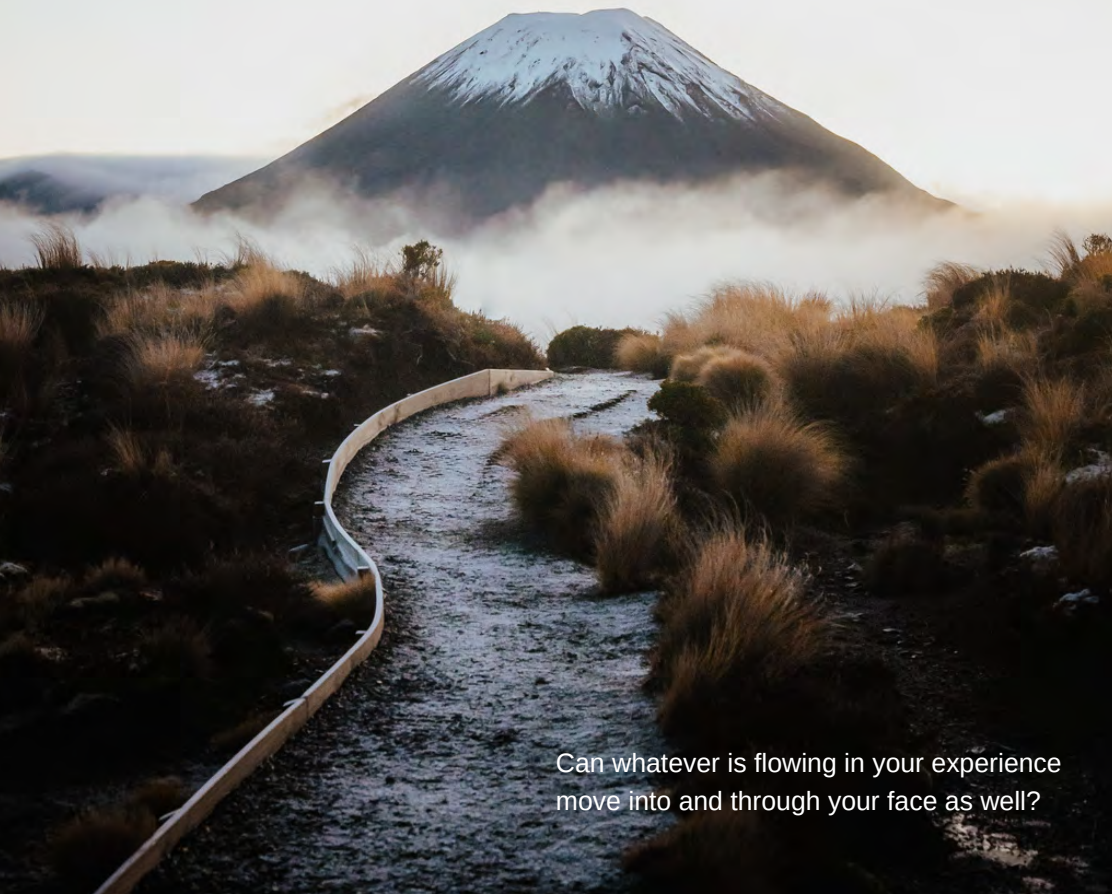
*Does your experience know  
that you know it exists?*



Is being Present with your experience  
different than being Patient with your  
experience?

IS IT REALLY HERE AND NOW?

*How do you know?*



Can whatever is flowing in your experience  
move into and through your face as well?

Can we together be curious  
about what spontaneously arises out of this moment...



*...and this one?*



**Sometimes we take heart. Sometimes we lose heart.  
Either way,**

# WE HUMAN ON

From my heart to yours,  
thank you for Being.

Thank you for co-creating this little book with me by your reading and listening. Your being here lifts the words off the page and allows them to point to something important in your experience.

If we haven't met, I'm Monique. I live on Kumeyaay land in San Diego County, and this is the year I learned to be a kid, almost half a century into my life.

Every winter around this time creativity helps to anchor and resource my heart through the hardest months of the year.

As a Somatic Experiencing® Practitioner and trauma-informed yoga teacher, I love learning together in community and playing with how the science of the body informs our soulful experiences of being.

Yours in the exploration xox- *Monique*

