

Slowing Down

with Michelle Wieggers

A huge part of mind-body healing is to let ourselves slow down, to listen, to be gentle and kind to ourselves as we heal. Use these reflection questions to help you reflect on your pace in your mind-body work. You will find my poem "Slow Down" after the reflection questions.

Do you relate to the impulse to rush forward into healing or life in general? How does that help or hinder you?

Do you, like Michelle describes in her video, tend to skip over yourself and your needs? What does it feel like physically or emotionally when you leave yourself behind?

What helps you slow down and listen? What nourishes you?

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Time To Write

with Michelle Wieggers

Writing Prompt for further reflection:

Take ten minutes and write down everything you hear in your surroundings. Once you are done, notice how naming what you hear affects you or your body. Close your writing timetime with this final prompt: When I take time to slow down and listen, I hear.....

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Poetry

with Michelle Wieggers

Slow Down

by Michelle Wieggers

This morning I'm so tired
from pushing myself hard,
that as I drive down this country road
I can't bring myself to go

anywhere close to the speed limit.
I feel like a silver haired lady
peeking over my steering wheel
as I creep along, letting

the cars whiz by me.
I always assume the elderly
go slowly because they're cautious,
not wanting to hit anyone

or miss the ambulance
racing down the road with siren blaring.
But maybe they've figured out
a secret that I'm still trying to learn.

What if driving slowly
is the only way
to live my best life,
to keep from running so fast

that I go right past myself?
Running by the small child inside
who seeks to fill herself with wonder,
passing up the chance for rest,

for play, to slow myself
long enough to notice
how pleasant the rain sounds
dripping onto the roof

of the house next door,
tiny wet whispers tapping
those few remaining leaves
clinging to the maple

in my backyard,
an almost silent thrumming
slowing down my weary soul.
The steady slow chime

of church bells ringing
in the distance, in this moment,
reminding me, I've already
been given all that I need.

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