



As we transition to being in the presence of strangers without wearing masks, we may need a simple ritual.

1. *Practice this ritual when you are alone*
2. *Try the ritual in the grocery store*
3. *Gradually try the ritual at social gatherings*
4. *Take your time and be gentle with yourself*

Place your mask on your face and close your eyes. Try the Welcome Practice.

Ritual - Welcome Practice

Place a hand on your heart. Draw in breath. Exhale.

Bring your awareness to your body and how you feel.

Notice if there are stirrings of anxiety, calm, safety, constraint, frustration, relief, or ?

With the comfort of your hand on your heart, feel a gentle Presence with you, express words of welcome... you are not alone.

Open your eyes and remove your mask. Repeat the Welcome Practice.

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