
RACHEL THE MATRIARCH
DRAWING PROTECTION & MERCY



SPIRITUALITY ISN'T MEASURED BY HOW MUCH LIGHT YOU KNOW ABOUT.

IT'S MEASURED BY HOW MUCH LIGHT PEOPLE EXPERIENCE BECAUSE OF YOU.

DON'T LET SOMEBODY ELSE'S LIMITATIONS
BECOME YOUR INSTRUCTIONS

YOU CAN HONOUR YOUR PAIN
WITHOUT ALLOWING IT
TO WRITE YOUR PERSONALITY

CARING VERSUS CONTROLLING

True caring is not about making people behave in ways that make our lives easier.

True caring means wanting the good of another person, even when it requires patience, humility, restraint, or letting go of control.

WORRY IS NOT ALWAYS PROOF OF LOVE.
IF WE ARE ATTACHED TO A CERTAIN OUTCOME, IT'S THE EGO

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YOU CAN PROTECT YOUR BOUNDARIES WITHOUT ATTACKING SOMEONE ELSE'S DIGNITY.

For the next 24 hours, choose one of these practices:

- **Protect someone's dignity.** Refuse to participate in gossip or unnecessary criticism.
- **Transform jealousy.** When someone receives something you desire, consciously wish them well.
- **Care without controlling.** Offer love or support without demanding a particular response.
- **Change your reaction.** When someone triggers you, pause and ask what energy you want to bring into the situation.