## **Frequently Asked Questions**

www.breathingwithme.com

## Q1: I can not commit to the circles regularly. Is it okay if I drop in occasionally?

Absolutely! You are so welcome to join us whenever you can. Life happens, and knowing there is a space where I can simply pause with other like hearted friends is such a gift.

## Q2: I am interested in joining the circles. However, since you guys have started practicing together quite some time ago, am I intruding if I join?

Yes, intruders are so welcome! Anyone who wishes to practice together is warmly welcomed. I too feel uncomfortable whenever I join a new group of people, feeling unsure if my presence is welcomed. It does take some time to get used to a new group. Our hearts will let us know.

## Q3: I am not good at writing, I feel self-conscious about joining the writing circle.

I trust any words coming from the heart are beautiful. There was a friend who joined us after she had been away for several months. She did not know what to write and how to write. And she simply rested and slowly words came to her: trees, leaves, breeze... And when she read these words, it was so moving and they brought me to the present moment, just like magic.