

Permission to Be Love

Braving the Wilderness series

Rev. Victoria Loveland-Coen, Feb. 8th 2026

We learn to “brave the wilderness” one step at a time...and by practicing. Remember, it’s not about being perfect with this, it’s about being real.

Check in with yourself during the day, and ask...

1. *Am I being authentic right now—or am I editing myself to be accepted?*

2. *Are my words and actions in alignment with my higher intentions?*

3. Notice the times that you were. At the end of the day review:
Where did I act and speak in alignment with my Higher Intention, and from a place of truth and love?

You can work on these ideas individually, or in your groups.

Affirmation

*“I have the courage to stand in my truth with grace.
I give myself permission to live fully.”*



My Permission Slip

I give myself permission to be:

Signed:

Dated:

