

## Permission to Be Love

### *Braving the Wilderness series*

Rev. Victoria Loveland-Coen, Feb. 8<sup>th</sup> 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:*

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Signed:

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Dated:

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