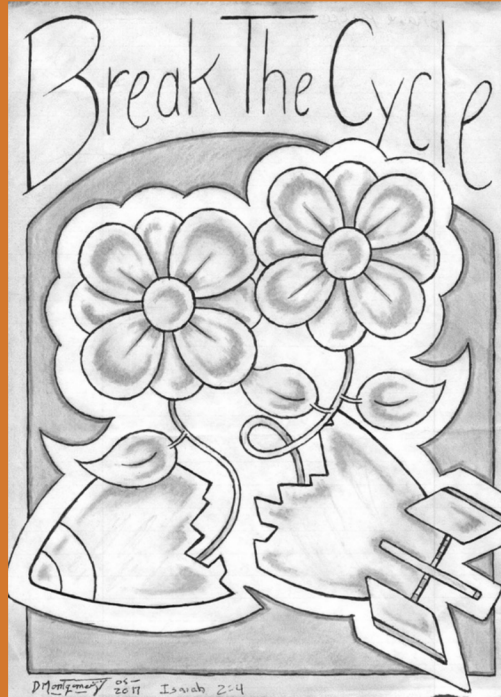


“Each person can find **enlightenment within himself** - but like the fortune cookie, you can't get the message until you are willing to **break the shell.**”

JM, 1981

## Reflection

Picture yourself planting a small seed in a harsh environment, such as a desert or a crack in the sidewalk. Think about the inner strength this seed must draw upon for it to bloom into a beautiful flower, plant, or tree. As you continue to grow this week, remember the same potential that lies within each seed lies within you.



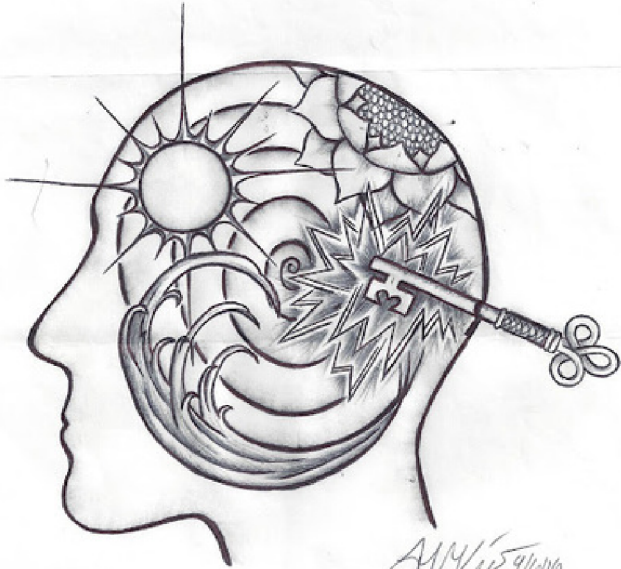
Art by Shane P.

## Questions

How have you grown despite harsh conditions?

What wisdom have you gained from difficult experiences?

How can you share that wisdom with others? How have you already?



## Questions

What is a skill you could teach others? What is a skill you would like to develop more? Why?

What is an inner truth you know about yourself?

Reflect on a time you didn't think you could solve a problem and you did. What did you learn about yourself?

## Reflection

Imagine you are looking at a crystal clear pool. Look at your reflection. What do you see at first glance? Look a little more, a little deeper. Start to slow and deepen your breaths as you look deeper into yourself. Your depth has no end. There's always more to discover. Offer love and gratitude to the light within you.

“I have been looking in books, other people's advice and comments, extensive outside sources for what was **inside of me all the time.**”

CGR, 1982

# “Before you can benefit others, you must first have your own peace of mind.”

Evan, 2016

## Reflection

Sit in a comfortable position and  
imagine a clear bubble around you.

Stretch your arms up and out;  
feel it surrounding and protecting you.

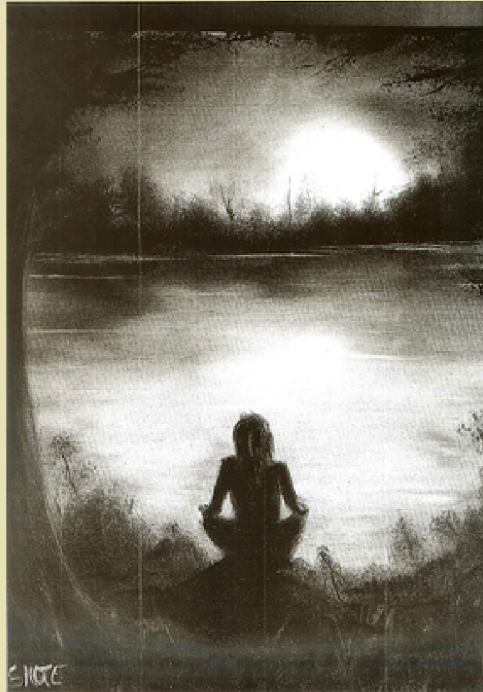
All that is good can enter;  
all that is bad cannot.

Here, you can surround yourself with  
light and love and

keep out the shadow and the noise.

This is your safe place.

It is always there for you.



Art by Shute

## Questions

What does it mean to have  
healthy boundaries?

What makes it difficult to create  
healthy boundaries? What  
makes it easy?

When was the last time you felt  
really peaceful? What could you  
do to feel that peace again?

“I have learned that my feelings are not instructions. I do not need to act on what I am feeling.”

Tall Tom, 2012

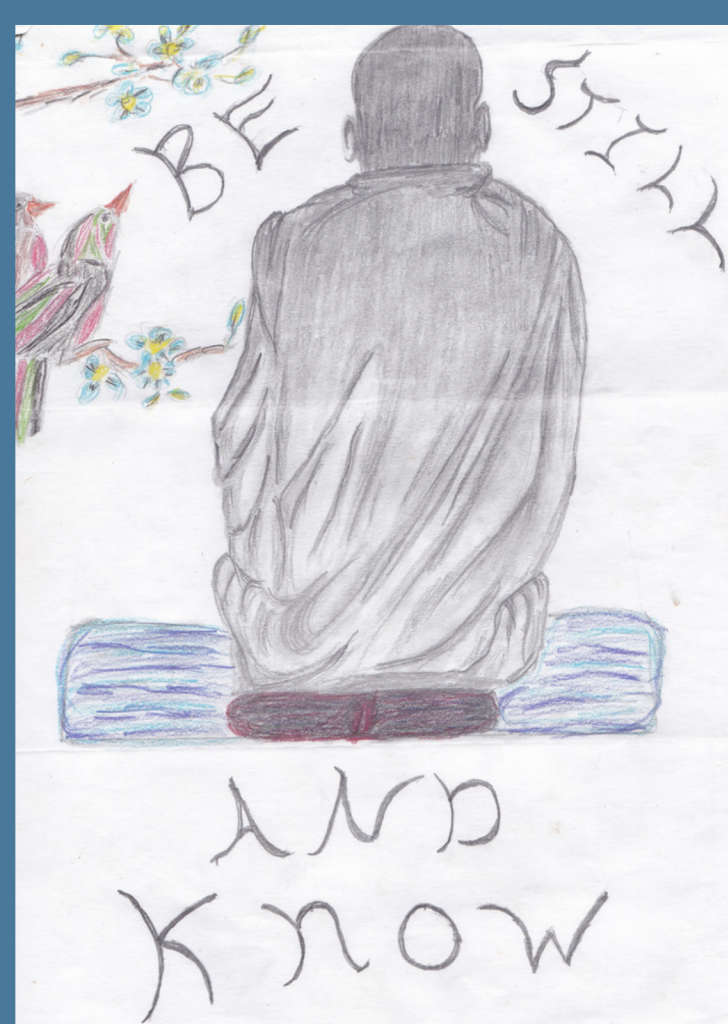
### Practice

How do you feel right now? Bored? Happy? Sad? Silly? Ask yourself how you are feeling throughout the day. You might feel ten different feelings all in ten minutes (or seconds!) Feelings come and go; the consequences of actions can last forever. Throughout the day, pay attention to how you feel. Don't act on these feelings, just name them. And then watch them float away.

### Questions

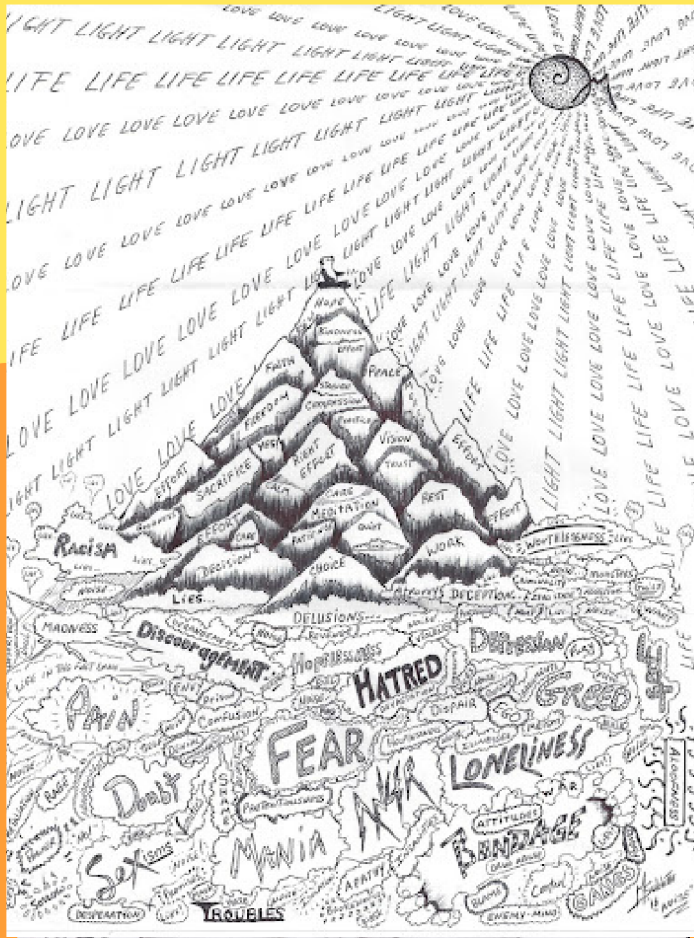
When have you done something you regretted because you acted too quickly? What did you learn?

Take one minute to write down all the feelings that come up. Then do the same an hour later. What changed? What stayed the same?



“People ask me how I can live this way and be happy, and I tell them because my nature is to be happy. I could be sad, but why?”

Ed, 1988



### Reflection

Next time you are really happy, take a moment to pay attention to how you are feeling. How does your body feel? What are you thinking? Imagine scooping these good thoughts and feelings up to save for later, like pouring sunlight into a jar to use on a dark winter night. When you feel sad, remember you felt happiness once and will again.

### Questions

When is it hard to be happy? When is it easy?  
Write a story about one of the happiest moments of your life.  
What can you do to bring more happiness to the world?

“As my **understanding of the self** grows, my **love for others**, as well as **myself** has also blossomed.” E, 2018

### Reflection

Take a moment to look at yourself in the mirror. Remember no one is born with deep self-love—it must be nurtured. Say “I love you” as if you were saying it to the person you love most. Now say it again, addressing it to you, and only you. Know that nourishing your relationship with yourself also strengthens your bonds with others. You deserve to love yourself and to share that love with others.



Art by Howard A.

### Questions

What is a strength of yours that you were surprised to discover?

What is something you've learned about yourself that you want to share with others? Why?

Reflect on a time when you showed yourself love. How did you feel?

“The lunatic committee (those internal voices of criticism of myself and others) is alive and well, yet **it doesn't need to get a vote in my choices.**”

Tall Tom, 2019



## Reflection

Close your eyes and imagine you are walking down a spiral staircase. At the bottom, you find a box filled with negative labels about yourself. Look through these labels and discard them one by one. Then, turn around and walk up the stairs. Look around. You are now surrounded by positive labels about yourself.

-Jimmy, 2023

## Questions

What makes it easy to be kind to yourself?  
What makes it hard to be kind to yourself?  
Reflect on a time when you were brave enough to choose kindness despite being hurt or afraid.

**“You always have a choice. Even when it doesn’t seem like there is a choice.”**

Sunny, 2020

### Reflection

Take a moment to check in with your body. Try to locate your seat of power - the part of you where goodness, light, and dignity are stored. Place your hand on top of it.

Remember, your seat of power belongs to you and only you. It will always be yours, and no one can ever take it away. It’s up to you to use it.



Art by Carl M.

### Questions

What is a choice you made that you are proud of?

What can make it difficult to make the right choice? Why?

Reflect on your seat of power. Where does it come from and how can you use it to help yourself and others?



### Practice

Imagine your body as a strong oak tree. Your feet are its roots, your torso is its trunk, and your thoughts are branches touching the sky. Think of the strength and stability a tree must have to weather even the worst storms. Remember that you, like a mighty oak, are powerful. As a tree's power comes from its roots, your power comes from within.



Art by Banegas S.

**“They claim that they have taken your power, but it’s not true. No one can take that power away unless you give it away.”**

Sunny, 2022

### Questions

Have you ever been surprised by your inner power? Why?

How have you used your power for good?

Reflect on the meaning of inner power. How is it different from other forms of power?

