

“When I remember
“Breathe--be quiet.”
When I see the shackle turn
into the bird.
I am loved. I can help
others. I am Free/Here/Now.
I am part of the outside.”

Jeffrey 2015

Reflection

Let your breath slow and deepen. Quiet yourself and listen to the world around you. Listen to yourself. What do you hear? Is there something holding you back? You were meant to be free; in this freedom you are the fullest version of yourself. In this freedom you can fulfill all the promise and potential that is you. That freedom lives within you. Listen to the song of your freedom.

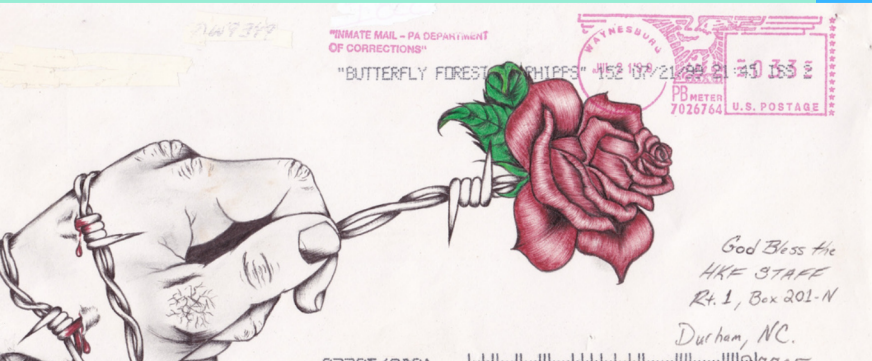
Questions

What would you do if you were free to do anything you wanted? Why?
What holds you back from being the freest and fullest version of yourself?
What do you think is the most important thing you were born to do?



Art by Kevin C.

“ It’s easy to hurt people. It’s much **more meaningful and difficult to help people.**” Mark, 2021



Art by John B.

Practice

Hurt people hurt people, especially when we try to hide our pain under anger. It can be scary to feel your pain, especially when your wounds are big and many. But as you heal, your pain can become a path towards understanding other people’s wounds and helping them heal as well. Imagine your pain as part of your power, allowing you to show warmth and love to yourself and others.

Questions

Reflect on a time someone helped you when you were in pain. What did you learn?

Reflect on a time you helped someone in pain. What did you learn?

How can hard moments in your life help you show kindness to others?



Art by Holman W.



**“I can’t change the whole world but I can
make the world a better place
for the person next to me.”**

JT, 2016

Reflection

Next time you are sitting by someone, ask yourself what their story is. Wonder what their dreams might be. What are their fears? What’s the worst thing that’s ever happened to them? What’s the best? How could their story be like yours? How is it different and special? Offer them the grace of curiosity. Take a moment to wish them all good things.

Questions

What is one thing you did to help someone this week?

What is one thing you would like to do to help others?

Write a thank you letter to someone who helped you when you really needed it.

“I have found that the **ONLY** antidote to grief, suffering and despair is **LOVE & SERVICE, & MORE loving service...reaching out and genuinely CARING** about those who others pass by.”

Jeri, 2002



Art by John S.

Reflection

There is no other. There is only us. When you care for another you care for yourself. See your own face—and the faces of those you love—in all those you pass by today. Ask yourself—what gift might they have for me and I for them? These gifts come from our pain and our joy. What lessons might we learn and share? How are our lives bound together? Recognize and give thanks to the connections that surround us.

Questions

What is a valuable lesson you learned from a stranger?

Reflect on a time you received a gift from a stranger.

What is the most memorable gift you ever received? Why?



Art by Raheem

Reflection

Praise to the fools—the holy fools—who show us how to love, how to live and how to serve without reservation. Ask yourself today: How can I be a holy fool? How can I be a holy tool? Tell yourself today: let me use these hands of mine to help others. Let me use this voice of mine to speak the truth. And let me use this heart of mine to spread joy.

Questions

Reflect on a time a stranger made your day better.

Reflect on a time you made a stranger's day better.

Tell someone you don't know today they're doing a good job. How did they react?

“As foolish as I am, I can be hope--a light--or something better for someone.”

Ken, 2022