

**“I started paying attention,
and though I was not
optimistic and joyous every
day, I got better at it, and the
world began to seem better.”**

D, 2013

Reflection

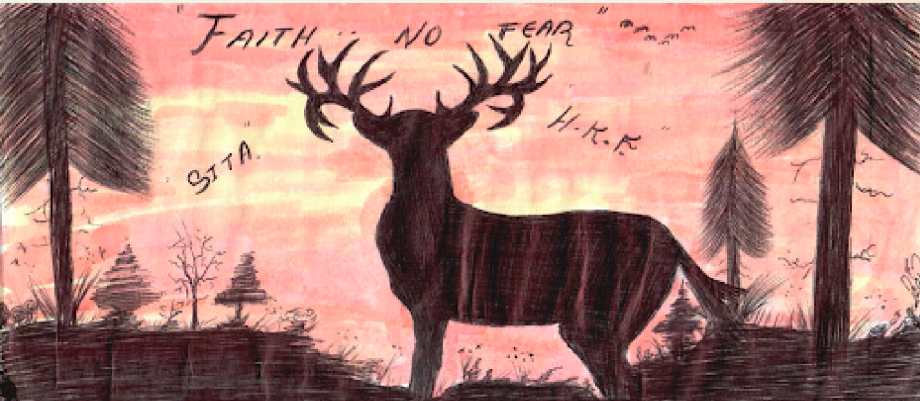
Close your eyes and listen to the world around you. What do you hear? Try to identify as many individual sounds as you can. Now relax and listen to the music the sounds of your world make together. This is the hum of your world, right here. Of your life, right now. You will never hear this particular song again. Give thanks to the music of this precious present moment.

Questions

Who is the best listener you know?
How do you feel when you're around them?
What have you learned from them?

What could you do to be a better listener?

When do you feel most loving and present?
What could you do
to feel that way more often?



Art by Javier H