

**“What I have found
the easiest is
to have compassion for
all living things,
big and small.”**

Albert, 2017



Reflection

Open your arms and tell the world and everything in it you love them. Now look at everything alive around you. Take a minute and tell everything alive you see that you love it. Tell the leaves on the trees, the grass on the ground, the apple on the table, the bug flying around, the person sitting next to you (maybe say it in your heart, you make the call.) Look at your world, alive with love.

Questions

Reflect on a time you felt really truly alive.

Where is a place you feel deeply connected?
Describe why you feel this connection and what it feels like to be there.