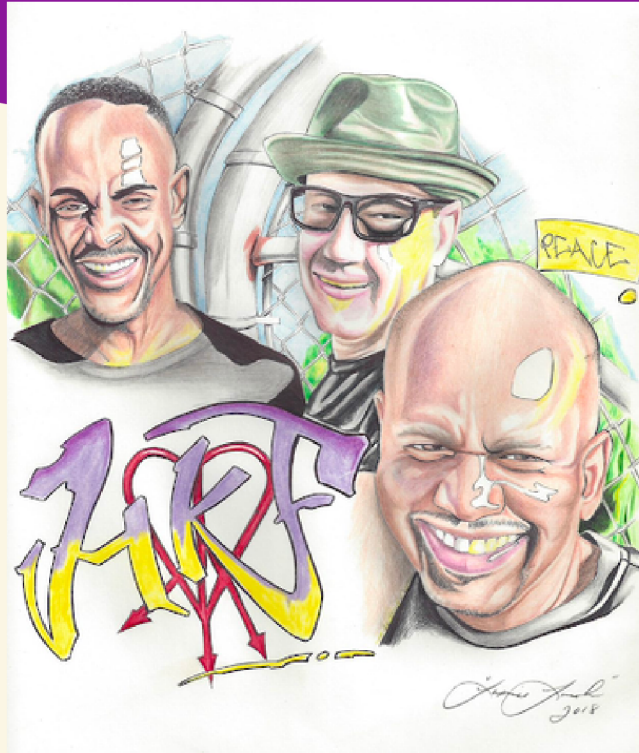


**“We are all spirits on a journey. Our imperfections help us learn, and, through the energy that makes up all things, we are all connected.”**

Sunny, 2022

### Reflection

Pour yourself a glass of water and look at what's inside. Water makes up most of your body and most of the world. As you take a sip, feel yourself in this water and feel your unity with the world around you. Offer thanks to the dance of people, objects and nature that bring this water to your body right here, right now and remember that we are never alone.



### Questions

What mistake have you learned the most from?  
What did you learn?  
When have you connected with others through shared mistakes?  
Write a story about a time you felt really connected to others. Use all your senses. What were the sights, sounds, smells, feelings and tastes of this time?