



Art by Donald C.

“This life has never been about me...
and it’s not about you.
It has always been about us.”

Tony, 2010

Reflection

Your pain is my pain; your joy is my joy. I work to end your suffering to end our suffering; I work to bring you joy to increase our joy. When we move from you and I, from us and them, and towards a “we” that means all of us, then we have created the Beloved Community. Tell yourself today: There is no you. There is no I. There is only we. We who make this world go round. We who hold and help each other. We are all we have. We are enough. We are everything.

Questions

When are you most aware of your connection to others? How does this make you feel?

What makes it hard to feel connected to others?

What could you do to feel more connected to others?