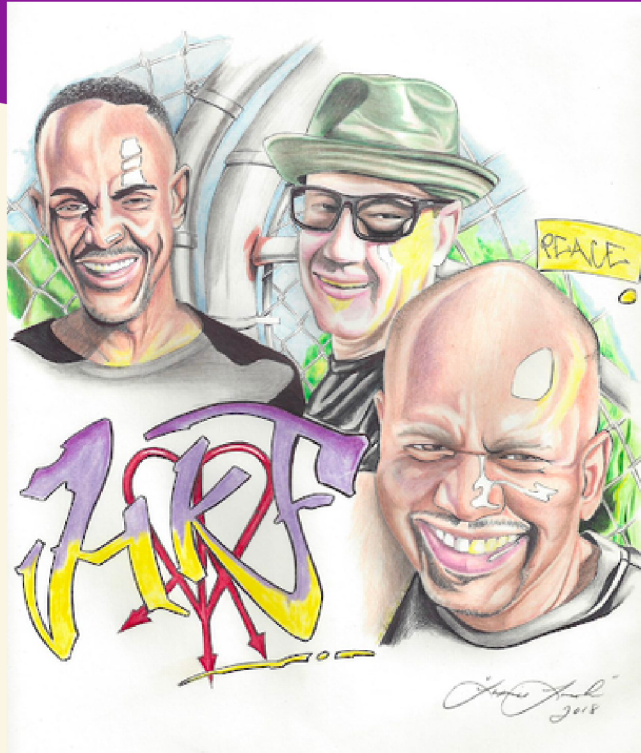


“We are all spirits on a journey. Our imperfections help us learn, and, through the energy that makes up all things, we are all connected.”

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?



Art by Tomas

“ Others have walked
this road before me,
I just have to **draw on their strength.**”

D, CA, 2000

Practice

Think of someone who is no longer with you who loves you very much. Picture their face in your mind. Let the presence of their love fill you, warming you with their love. Start to walk slowly, imagining them at your side. With each step, imagine them surrounding you with the protective presence of their love.

Let their love light your way.

Questions

Who is the strongest person you know? What have you learned from them?

What strengths have you gained from your loved ones?

Write a story about the ancestor you admire most and why.



Art by Mark S.

“Live a life of **joy**
and **connection.**”

Royal, 2013

Reflection

When did you laugh the hardest in your life? Remember who you were with and how you felt in this moment.

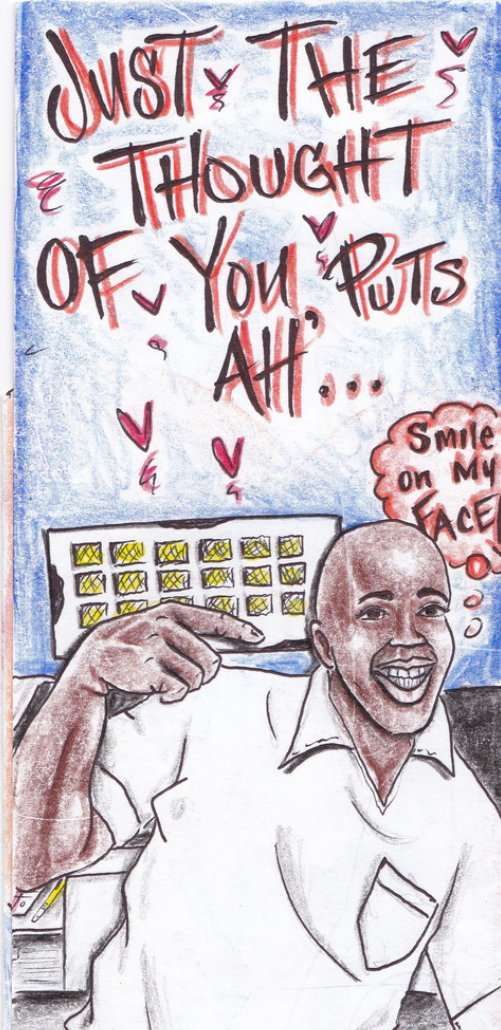
Let the feeling fill you with warmth and peace. Give thanks to your ability to laugh, love and feel joy. Breathe in a sense of connection. Breathe out a smile. Share that smile with someone who needs it today.

Questions

Write about the time you laughed the hardest in your life.

What brings you joy?

How do you feel when you're around the happiest person you know? What have they taught you?



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?