

Kahontakwas

Diane Longboat

Haudenosaunee, Mohawk, Elder





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Diane Shields, Monacan Tribal Chief



SPIRITUAL WARRIORS:

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VETERANS ALL

Warrior Pose



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Self-Care

"We all have the need to set clear boundaries for ourselves, and fierceness is called for in many situations. We all have times when we need to protect something precious in our lives."

Are you able to set clear boundaries for yourself, and to call upon your own inner Warrior energy to protect that which you most need and desire in your life?

Christine Valters Paintner

Illuminating the Way: Embracing the Wisdom of Monks and Mystics



Abbey of the Arts

Transformative Living Through Contemplative & Expressive Arts



Lucy Jones:

**How do we see the world as sacred
again?**

**By radical noticing:
Looking for awe in all of life.**

See No Stranger: A Memoir and Manifesto of Revolutionary Love

by Valerie Kaur



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“Inspirational . . . radical . . . fierce . . . a moral compass for our time.”
—Michelle Alexander, author of *The New Jim Crow*

THICH NHAT HAHN

The Art of Communicating

”The Six Mantras of Loving Speech”

- I am here for you.
- I know you are here, and I am very happy.
- I know you suffer, and that is why I am here for you.
- I suffer, please help.
- This is a happy moment.
- You are partly right.



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Caring for Self, Caring for the World

Global Coherence Initiative

www.heartmath.org/gci

1. Breathe in love and get still inside. As you breathe out, radiate love and care into your cells.
2. While radiating love into your cells, see your mental, emotional, and physical health improving. Breathe light into your cells to clear density so more spirit can come in for healing and for mental and emotional support.
3. Now, envision yourself having more compassionate latitude for others, clearing miscommunications quicker, and listening to your heart feelings for direction in caring for yourself, others, and the world. Do this for a few minutes.
4. Now, breathe in what your heart guides you to do. Step into putting that care into action by breathing your intention into the Earth.
5. Now, let's radiate the collective heart energy to compassion and care initiatives that are facilitating the planetary Shift. See leaders deciding to cooperate more to increase peace and harmony in the world.
6. Let's close by sending our deepest care and compassion to all who are suffering from wars, natural disasters, famine, and other major stressors.

- Reclaiming (remembering) wonder
- Releasing shame, fear, pain, anger
- Receiving self-love
- Returning to invite?



• Choose one person to practice wondering about?



“Bliss”

- By Sacred Earth
- On the album *Breathing Space*
- 7:25

See No Stranger: A Memoir and Manifesto of Revolutionary Love by Valerie Kaur

“What matters is the work your hands do. So, breathe and rest and, when you are ready, see if you can wonder about the world just a little, just enough to show up to the labor one more day. Let wonder surprise you.”



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