1. I embrace the Life that unfolds within me:
What deeper strengths, skills, understandings, and qualities of heart am I being challenged to develop by the ecological, economic and political crises in the world around me?

2. I embrace the Life that unfolds between us:
What deeper strengths, skills, understandings, & qualities of heart am I being challenged to develop by the ecological, economic and political crises in the world around me?

3. I embrace the Web of Life that surrounds and sustains us:
How do I feel called to mend the world? What particular work evokes in me the greatest compassion, creativity and kindness?

4. I embrace the infinite depths of Life, of which my life is an expression:
Confronted with the severe breakdowns in the world around me, how will I open my life to new sources of inspiration, to the hidden heart of all life?

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