

ONE THING OF BEAUTY/ Beauty Jar:

- Find one thing of beauty
- One thing to be grateful for

What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the winter time. It is the little shadow which runs across the grass and loses itself in the sunset. –Crowfoot

Waking Dream:

Ask a question to the universe. Simple

5 minutes, write down that which comes to you as though a dream
go back and look at it through dreamers eyes

GRIEF STICK:

Example

Witness

Leaving somewhere you will not return to

Give it to the earth to help hold, grief is sacred to our earth, ceremony is sacred

Symbiotic relationship, part of our healing is the earth.

BREATHING MEDITATION: THICH NHAT HANH

Breathing in I know I am breathing in

Breathing out I know I am breathing out