

ling empathy ompassion
3. Facing the truth and telling the truth, more courageously and more compassionately
4. Expanding emotional aliveness – accepting both joy and sorrow, success and failure, as part of life's journey
tell me, and find gentle ways of δ How could I learn to acknowledge, and make amends for, any mistakes I we made, and any harm or to which I may have
 ibuted? How could I deepen my understanding and practice of forgiveness? (of self and other, for all hat has been suffered, done and itnessed) How could I learn o honor my pain for the suffering the world as a deep expression of my
for the world, and as the world speaking ugh me, rather than seeing my pain for the world as a problem to be could I learn gotten rid of? practices that would my ability to hold the many crises of the world in my
heart surrounded with ways to le myself from irrent systems of endless war, mindless greed, δ
• increasing ecological destruction? 9. Turning away/breaking free from the destructive institutions, systems and practices that hold us in their grip
owns? 10. Turning away/breaking free from destructive thinking patterns: of both my personal family and the global culture of violence
bracing the wisdom of connectedness, and finding the isdom that are my doorways to deeper connectedness

Living the vision: Expanding my practice/embodiment/living of the new life I hope for