

Collaborating for Change

Moving into Action

Where do I go from here?

- Practice Gratitude
fall in love and stay in love with God, with each other, with life
- Stay Awake
meditation or spiritual practice that brings new consciousness
- Get Educated
learn everything you can
- Communicate
share what you learn

Fourfold Way (from Angeles Arrien):

- Show up;
 - Listen to what has heart and meaning;
 - Speak the truth as you understand it, without blame or judgment;
 - Invest in outcome but don't be attached to a particular outcome.
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- Get Connected
Who is your community – give and receive support. We can't and aren't meant to do it alone!
 - Get into Action
appreciate what you are already doing; notice what changes are wanting to be made in your life and begin. Keep going.

*Adapted from Awakening the Dreamer
Mercy Associate Catherine Regan*