

Healing the Earth - Healing Ourselves

- Session Resource -



Reflections:

- How has your life changed this year?
- What are you doing more of...that you like or that you dislike?
- How are your relationships changing in regards to: your career; family; your car; your home; the natural world; your garden; governing systems; your personal, and spiritual growth?
- In what ways do you feel the events of this extraordinary time impacting you? (Coronacoaster)
- What intentions do you keep that guide your actions?
- What actions might you take to adapt or re-shape your life? (Actions are measurable activities driven by our intentions.)



The word 'listen' and the word 'silent'
- share the same letters.

Readings: (clickable links)

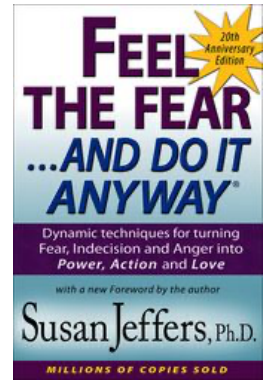
[Coronavirus puts spotlight on landmark year for nature](#)

[Climate change: How a green new deal really could go global](#)

[Extinction crisis 'poses existential threat to civilisation'](#)

[Climate change: Top 10 tips to reduce carbon footprint revealed](#)

[8 Reasons you should try smudging and how to do it at home](#)



“Develop a curriculum for your Head, your Heart, and your Hands” - Kevin Fell



Personal Development Resources: (downloadable pdf's)

[The “Full”filling Puzzle of Life](#)

[Balancing The Wheel](#)

[A Wobbly Ride](#)

