

one word check in:

hear · tension · openness · calm · joy · searching  
connectedness · peace · opportunities  
sadness · rebirth · change  
enigma · healing  
compassion

gratitude · learning · possibilities · courage

expectation · discover · changing  
certainty · mother earth · trust  
flexible · acceptance  
not experienced yet  
polarity

# SPRING EQUINOX VIRTUAL CIRCLE

21.3.20



SITTING WITH  
THIS PAUSE  
THE IMPORTANCE OF PAUSE  
COMMUNAL CONNECTION

NATURE  
REQUIRES NO DISTANCE  
HOW DO WE GRIEF THIS?  
CAN'T JUST RETURN  
TO NORMAL...

WHAT IS ONE SEED  
THAT YOU WANT TO PLANT  
TOWARDS THE DESIRED FUTURE?

INNER REFLECTION: BE PREPARED  
FOR THE UNKNOWN  
OUR RELATION TO NATURE  
WHERE DO WE FIND HOPE?  
SHARING RESOURCES  
- HOW TO DO THAT?  
WISDOM & FAITH FOR WHAT IS TO COME  
COURAGE IS THE POWER TO LET GO OF THE FAMILIAR

DESPAIR OF OUR  
HUMAN SPECIES  
FACING OUR  
OWN MORTALITY  
THE LOSS  
OF RIGHTS

sense of playfulness  
nature has the power to heal if we're open to it  
pause & reflect each day  
open hearts & minds to wisdom of the land, elders, youth  
everyday a conscious connection  
do not hide myself from what is going on  
compassion in action