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.

• 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

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