



A RICH LEGACY TANGIBLE AND INTANGIBLE RICHES

From "Close Your Eyes, Open Your Heart"

SUGGESTED RECIPES:

Extract the pulp! (becoming conscious of our choices and perceptions) 1. Seek someone who serves you as a spiritual guide.

1. Create alone and uninterrupted time for reflection. If you choose to write about what emerges for you in this process, consider writing it as if you're talking to an attentive and wise listener with whom you share a strong bond. An alternative is to speak these words aloud, as if this person is in the same location with you.

2. Speaking of expression, how about taking a voice lesson? This is not necessarily to become a singer or actor. It may be, however, a helpful "juicer" to draw out emotions that need to be voiced, set free. It can also contribute to creating a sense of groundedness and conscious breathing---and speaking.

3. Research books, films, songs, and organizations associated with a cause you feel strongly about. Such resources can speak volumes about a people and the inter-generational transmission of ideas, traumas, strength infusers, silences...