



Thought For The Month



10 Tools To Heal Humanity

- 1. Find gratitude for the present moment*
- 2. Make a ritual out of meditation, both when in crisis and when at peace*
- 3. Accept responsibility for your own behavior, language, actions, and existence*
- 4. Allow yourself to be yourself and accept who you are with kindness*
- 5. Focus on creating what you want and it will manifest; don't be anti anything*
- 6. Reconnect with nature to find your own beauty*
- 7. Recognize your connection to everyone and everything at all times; you are never truly isolated*
- 8. Forgive yourself and others; accept that nothing is against you and no one is opposed to you*
- 9. Behave in a place of love and set that example for everyone else*
- 10. Join together in community, spreading love and dissolving fear*

It all begins with you.

- Zach Bush

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