What am I choosing?

Feelings are real. Stories are suspect.

Life is an opportunity to learn how to love.

What thoughts, emotions and longings are driving these choices?

Every challenge provides opportunities to strengthen our spiritual muscles. What values are you choosing to serve on behalf of the whole?

Me vs. You

We are in this together

Blaming
Shaming
Complaining
Demanding
Criticizing
Accusing
Judging
Evaluating
Manipulating
Dominating
Threatening
Being a Victim
Better than/ Worse than
Right/Wrong
Win/Lose

Joy
Love
Respect
Compassion
Empathy
Gratitude
Forgiveness
Gentleness
Acceptance
Reassurance
Appreciation
Understanding
Trustworthiness
Generosity
Cooperation
Win/Win

"At the heart of every behavior is the desire to meet a precious need."
~Dr. Marshall Rosenberg

Creates lack of safety, upset suffering, pain & loss.

Creates safety, connection, relief, gratitude & win/win.

People act these ways when they are feeling threatened or hurt.

It's all Love or a call for Love.

Be the change you wish to see.