

In the Energy of Love – Align with your heart

Creating a world where it is easier to love.

Paulo Friere

Key #1 – Love yourself

Anything is one of a million paths. ... there is no affront, to oneself or others, in dropping it if that is what your heart tells you to do. ... Look at every path closely and deliberately. ... Ask yourself, and yourself alone, one question – Does this path have a heart?

Carlos Casteneda

Reflection: Does my path have a heart?

Key #2 – Love others

The deepest beauty of love is how it changes lives.

Rabbi David Wolpe

Reflection: Whose lives are currently being changed through my influence?

Key #3 – Love God

The 'I' is the center of a circle with no circumference.

Mahatma Gandhi

Reflection: I am a part of something much larger than myself.

In the Energy of Compassion – Look with kindness on the past

I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness to our lives.

Dalai Lama.

Key #4 – Have compassion for yourself

Advances in neuroscience have underscored how our ability to maintain balance in life is closely connected to our ability to co-regulate our emotional states through relationships of trust and intimacy with the key people in our lives.

Margaret Wehrenberg.

Reflection: Who are key people whom I can rely on and who have my back?

Key #5 – Show compassion to others

Political and economic solutions that do not reinstate compassion as an absolute and central human virtue can only push us deeper into our moral wilderness.

Pankaj Mishra, Journalist.

Reflection: How can I practice compassion as ‘a central human virtue’?

Key #6 – Be the compassion of God

“A human being is a part of the whole called by us universe ... Our task must be ... widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.”

Albert Einstein.

Reflection: How wide can I make my circle of compassion?

In the Energy of Presence – Be Here Now

Realize deeply that the present moment is all you ever have.

Eckhart Tolle

Key #7 – Be present to yourself

Be Here Now.

Ram Dass.

Reflection: Be here now as you notice your breathing. Breathe and allow whatever comes up to flow through you. There is a time for everything.

Key #8 – Be present to others

When you love someone, the best thing you can offer is your presence. How can you love if you are not there?

Thich Nhat Hanh.

Reflection: One little boy told his mother that he called on his elderly neighbor after the loss of his wife and found him crying. 'What did you do?' asked the mother. 'I cried with him', replied the boy. Children writing about Love. Found on the Internet.

Key #9 – Be present to God

Be still and know that I AM God.

Psalms 46 Verse 10

Reflection: Be still and connect – with yourself, with others, with God.

In the Energy of Wisdom – Expect more from 2018

Know well what leads you forward and what holds you back. Choose the path that leads to wisdom.

Gautama Buddha.

Key #10 – Expect more from yourself

When fear is not present, there is space and freedom to explore and to live.

Jarem Sawatsky.

Be prepared to be surprised.

Open Space principle, Harrison Owen

Reflection: What small change can I make that will help me explore my life?

Key #11 – Encourage others

Out beyond ideas of wrong-doing and right doing there is a field. I'll meet you there.

Rumi.

Reflection: What can I do to help those around me flourish?

Key #12 – Embrace the future

Humankind has not woven the web of life, We are but one thread within it

Whatever we do to the web, we do to ourselves

All things are bound together, All things connect.

Chief Seattle, Duwamish Tribe

Reflection: Whatever I do to others, I do to myself.