



April Weekly Practices

April, 2004

Week 1-Reverence, Honor

Environmentalist John Muir said, "Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul." Each day this week, go for a walk and realize the beauty around, above and below you.

Albert Einstein said, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is." Before each meal this week, stop and honor all the hands that brought it to you and bless the earth for its bounty.

Week 2-Accountability

In conflicting situations, personal accountability allows us to take responsibility for how we contribute to the conflict. Each day this week, take responsibility for how you contribute to a conflict and make a different choice that can lead to a peaceful resolution.

Week 3-Acceptance

"Resentment, fear, criticism, and guilt cause more problems than anything else," says Louise Hay. Each day this week, choose not to judge yourself (your looks, your capabilities, your expressions.) See all the ways you are unique, loving, capable and bright!

Week 4-Amends

Make amends this week. Apologize to someone you may have hurt and mean your apology, sincerely.