



May Weekly Practices

May 2004

Week 1-Forgiveness, Humility

When we forgive, we are free to let go of the past and move on with our lives. We do not condone the hurtful behavior, but we realize there is something within us that is more powerful and important than this wounding experience. This week, write a letter to forgive someone. You do not have to mail it.

Making mistakes is a part of learning and growing, simply an "error in approach." Each day this week, freely acknowledge at least one mistake you make, and reflect for a couple of minutes on what you have learned.

Week 2-Healing

Writer, poet, activist, and professor Maya Angelou turned a traumatic childhood experience into a catalyst for creativity and achievement. This week, choose a painful incident in your life and find the "gift" it has given you. Consciously share this gift with others this week.

Week 3-Understanding

Thich Nhat Hanh says, "When you understand, you cannot help but love...Practice looking at all living beings with the eyes of compassion." Send a silent thought of love to ten people this week. Share your experience with someone.

Week 4-Responsibility

The quality of your community starts with you. Take responsibility for the quality of your community wherever you are. Each day this week, pick up trash that is not your own, whether at home, at the office or on the street. Every little bit helps.