

Say HELLO to Right NOW
Slow it right down so SPACE can emerge. In that space
we find opportunity for forgiveness, kindness, love and generosity.

Busy is the ~~new~~ old BLACK
There is POWER in the PAUSE..... Step into that.

From MIND fullness → TO MINDFULNESS. →
Sit still. Stop what you are doing. BREATHE
And LISTEN. SPEAK up loud for LISTENING. REALLY LISTENING.

Our mind and body can work together to calm us.
BIG EXHALATIONS slow our heart rate
Compassion isn't the "soft stuff". Compassion is MUSCULAR.
To be courageously COMPASSIONATE takes tenacity and strength.
There is a violence in over work and over-promising to the demands of work.
SELF compassion Refuses this invitation. Choose to be your own best friend.

Say Hello! to time..... ALONE
Right now it's like like this. It won't always be like this.
Compassion empowers people
We awaken compassion as we grow empathy and practice mindfulness.
FIND your TRIBE and Love them. When we spend time with people
in a shared space we start to hum with them in dynamic resonance.
We are HUMAN.
We like to look into each other's eyes and feel each other's touch.

Give up the idea that you can multi-task.
STRETCH on a yoga mat. Eat mindfully → Laugh plentifully.
Do the thing that scares you
→ don't just talk about the thing that scares you.
Vulnerability is a doorway to open heartedness. Open that door.

ACTIVATED BY FREETHINKING

Welcome to **Compassion Revolution**