Sustainable self, sustainable world: cultivating self-care as a way of being

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--What do we know about healthy ecological systems?

--Think about what ecological patterns in your image appear nourishing to you and why.

--What depleting and destructive patterns do you see in our dominant culture and in your personal life?
What can we do to move towards a way of being that supports more nourishing patterns?
As part of this Earth community, how do you need to be nourished?
Thank you for slowing down with us today.

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