

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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