

## **Week Ten, Day 64 and Celebration**

**April 2 RELEASE** Today, look back on how far you have come during this 64-day journey. Release the weight of your past, judgments of yourself and others and the ideas that Global Healing is not possible by acknowledging that you do make a difference.

**April 3 CELEBRATION** Rejoice in the work that you have done. Celebrate the journey you have made. "Never doubt that a small group of thoughtful committed citizens can change the world; indeed it is the only thing that ever has." *Margaret Mead*

Celebrate the journey you have made with countless others who believe that every individual can move the world in the direction of Global Healing with their compassionate choice and action.

### **Joint Principles of Global Healing**

- Global Healing means honoring the dignity and inherent worth of every human being.
- Global Healing means believing that our lives are linked together, that what we do impacts the lives of other people. Therefore, we are responsible to and for one another.
- Global Healing means dedicating ourselves to guaranteeing the fundamental rights of every human being (justice, equity, equality). It means using our talents to empower others as well as ourselves.
- Global Healing is courageously choosing to practice compassion with our apparent adversaries. We oppose injustice, not people.
- Global Healing means recognizing love as the power of the human spirit to triumph over injustice, social inequity, suffering.

***This is the hero's journey.***

## **64 Days of Experiments - Being Compassion**

Days 1 - 23 focus on personal change. Global Healing begins by learning how to be more compassionate with ourselves. We learn by building the courage to speak and act with a respect, honor and reverence for our own being.

Week One. Days 1 - 7

**Jan.. 30 COURAGE** Eleanor Roosevelt urged, "You must do the things that you think you cannot do." Light a candle and accept the courage to practice living in peace.

**Jan. 31 SMILING** Today, share a smile with at least 3 people, knowing that your smile contributes to Global Healing.

**Feb. 1 APPRECIATION** Write down 10 things that you appreciate about yourself, then read it aloud.

**Feb. 2 CARING** Real caring is not just what we say, but what we do. Make a list of at least 5 ways you can take better care of yourself. Practice at least one today.

**Feb. 3 BELIEVING** Today believe that you have all the resources to move your life in the direction of Compassionate Action. Be aware of simple demonstrations of compassionate responses.

**Feb. 4 SIMPLICITY** Think of 3 ways you can simplify your life and put at least one into practice today.

**Feb. 5 EDUCATION** Learn about the power of compassion by educating yourself. Read an article that relates to compassion. Learn about human rights, diversity, ecology, history, forgiveness, spirituality, peace studies, and more.