



Unity in Naperville
The Swirling Leaves of Change - Week 1

To better navigate this time of extraordinary change in the world, take time to consider one or more of these questions. You may wish to take these into meditation and/or journal your answers... perhaps get out in nature and ground yourself to the Earth as you ponder these questions.

When I consider all that's going on around me now...the pandemic, job loss, businesses and schools closing, systemic racism, unconscious bias, protests, violence, fires, hurricanes, floods...

1. ...what is life saying to me?
2. ...what is the Collective Consciousness calling for?
3. ...what have I learned so far about challenges we're facing? (not other's opinions or expertise, but my own perceptions.)
4. ...what have I learned about myself and how I'm responding to these issues.
5. ...what in all these challenges has caught my **attention**? My **fear**? My **heart**?
6. ...how does my spiritual understanding of Universal Principles affect my view of the world?
7. ...what is essential for me now to be able to move forward in this time of change?
8. ...what is calling me forward?
9. ...what's holding me back from moving forward?
10. ...what is my next step in addressing these issues?