



- Love Only
- Forgive Everything
- Remember Who You Are

*Remember Who You Are*

"We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time."

T.S. Eliot

“You don’t attract what you want. You attract who you are.”

Wayne W. Dyer, The Shift

“You get to a place where you begin to be guided by something greater than yourself. You stop fighting and striving (indeed the need to expend this type of energy is often a strong indicator that you are not in flow and where you are meant to be) and instead, surrender to your higher purpose and be guided from there, allowing things to happen, trusting in source, focusing on your why and letting go of the how...” “You don’t attract what you want. You attract who you are.”

Wayne W. Dyer, The Shift

People who live wholeheartedly, share the qualities of

- Courage
- Compassion
- Connection

“The Universe appears fundamentally inseparable, a thoroughly interconnected, interpenetrating whole. Inseparability implies that we are an integral part of everything and everyone. This understanding showers us with meaning, purpose, and connectedness.”

Mel Schwartz, *The Possibility Principle*

“Every part of this earth is sacred... Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing, and humming insect is holy in the memory and experience of my people.”

“Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

Chief Seattle

**CONNECTION:** “The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

Brene Brown, *The Gifts of Imperfection*

“The Wholehearted journey is not the path of least resistance. It’s a path of consciousness and choice. And, to be honest, it’s a little counter-culture. The willingness to tell our stories, feel the pain of others, and stay genuinely connected in this disconnected world is not something we do halfheartedly.’

“To practice courage, compassion and connection is to look at life and the people around us, and say, ‘I’m all in.’”

Brene Brown, *The Gifts of Imperfection*

**Together We Can...**



“Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.”

From Simple Abundance



