

# PATHS/ACTIONS IN OUR SPIRITUAL JOURNEY

(Adapted from Quadratos by Alexander Shaia)

## 1. How do we face change?

On the first path, we encounter an earthquake. All that we knew is shaken to the core. Yet, this is not an end but an invitation to a new journey, beyond the familiar to a deeper way of being. Like a mountain trail, this path requires great exertion, and we can only see a step ahead. Do we have the courage to climb, one step at a time?

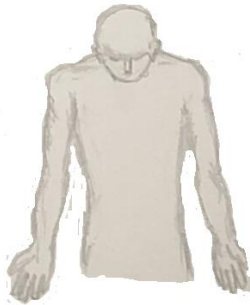


## 4. How do we mature in service?

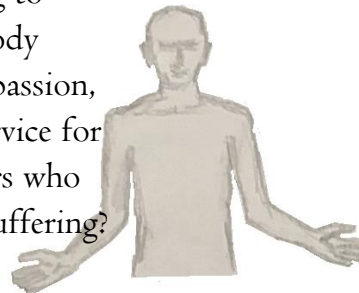
Often overlooked, the fourth path is where we must bring the new vision we have glimpsed into our ordinary, day-to-day realities. While the journey thus far has brought us awareness, we now take up the work of truly transforming our everyday attitudes and behavior, and one day at a time, the world around us too.



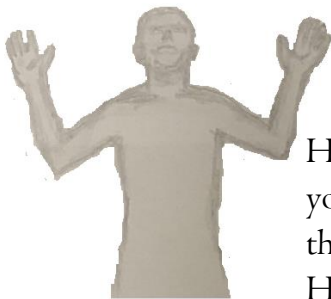
What do you need to let go?



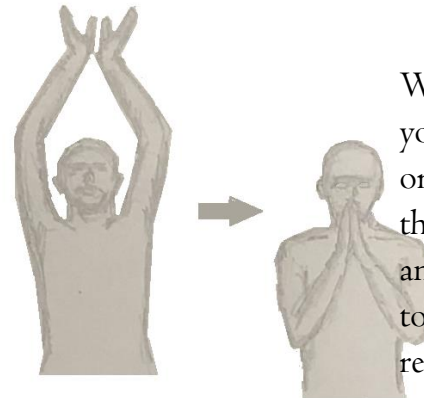
How are you going to embody compassion, & service for others who are suffering?



How will you weather the storm?  
How will you endure?



What do you need in order to thrive, heal and move towards renewal?



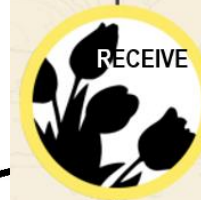
## 2. How do we move through suffering?

The second path is by far the most difficult. We are betwixt and between. Yesterday's reality is gone, the new has not yet come. Our uncertainty can be terrifying. As in winter, we are not able to see the growth deep at work in the ground, and all seems lifeless. We feel fragile and alone, and perhaps find ourselves slipping into despair. Is help coming?



## 3. How do we receive joy?

The third path takes us by surprise. Like springtime, a bright fresh reality appears suddenly all around us. Awake to a sense of communion with all, we discover that joy arrives from somewhere beyond ourselves. We perceive everything as gift. We see a larger reality, and glimpse fresh ways that life can be lived.





# THE TOOLBOX PROJECT

## The 12 Tools

*Tools for Learning • Tools for Life*



### Breathing Tool

*I calm myself and check-in.*

### Quiet/Safe Place Tool

*I remember my quiet/safe place.*



### Listening Tool

*I listen with my ears, eyes, and heart.*

### Empathy Tool

*I care for others. I care for myself.*



### Personal Space Tool

*I have a right to my space and so do you.*

### Using Our Words Tool

*I ask for what I want and need.*



### Garbage Can Tool

*I let the little things go.*

### Taking Time Tool

*I use time wisely.*



### Please & Thank You Tool

*I treat others with kindness and appreciation.*

### Apology & Forgiveness Tool

*I admit my mistakes and work to forgive yours.*



### Patience Tool

*I am strong enough to wait.*

### Courage Tool

*I have the courage to do the "right" thing.*



## GIVING & RECEIVING (UNIVERSAL HUMAN NEEDS) \*From Marshall Rosenberg's NVC - "Nonviolent Communication"

Purpose / Goal / Direction  
 Vision  
 Mentor / Community Support / Guidance  
 Friendship / Companionship  
 Patience  
 Gratitude / Grace / Thankfulness  
 Hope  
 Recognition  
 Good communication  
 Cooperation  
 Kindness  
 Belonging  
 Appreciation  
 Acceptance  
 Connection  
 Respect  
 Nurture  
 Authenticity  
 Honesty

Creativity  
 Transparency  
 Commitment  
 Rest and Sleep  
 Solitude  
 Peace  
 Resilience / Perseverance  
 Mutuality  
 Laughter / Joy / Fun  
 Play  
 Presence  
 Freedom  
 Inspiration  
 Choice / Autonomy  
 Space  
 Meaning  
 Awareness  
 Tenderness  
 Inclusion

Learning & Growth  
 Self-Respect  
 Healing  
 Vision / Dreams  
 To Grieve  
 Love  
 Consideration  
 Empathy  
 Community  
 Understanding  
 Trust  
 Support  
 Stability  
 Safety Exercise  
 Financial Security