

ENGAGED MINDFULNESS

COMPASSION · IN · ACTION

BEING GRATEFUL

resilience
appreciation
belonging
LOVE

HONOURING OUR PAIN FOR THIS WORLD

turning towards
! ? befriending
concern

SEEING WITH NEW EYES

interdependence
the power of WE
wider perspective
future generations

GOING FORTH

possibilities
active hope
compassionate action
one small step

Mindfulness
Association