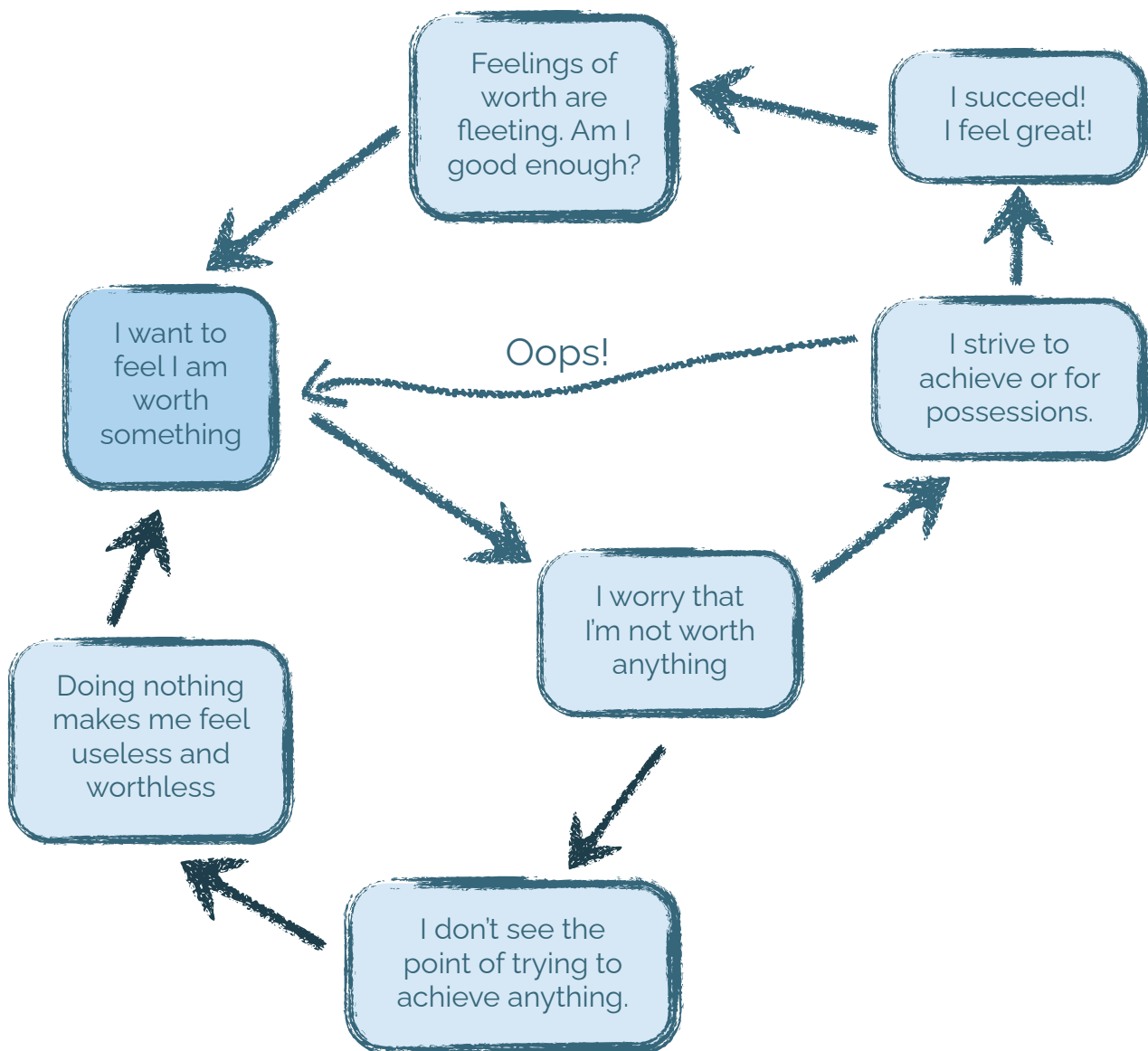


Cycles of Doing and Being

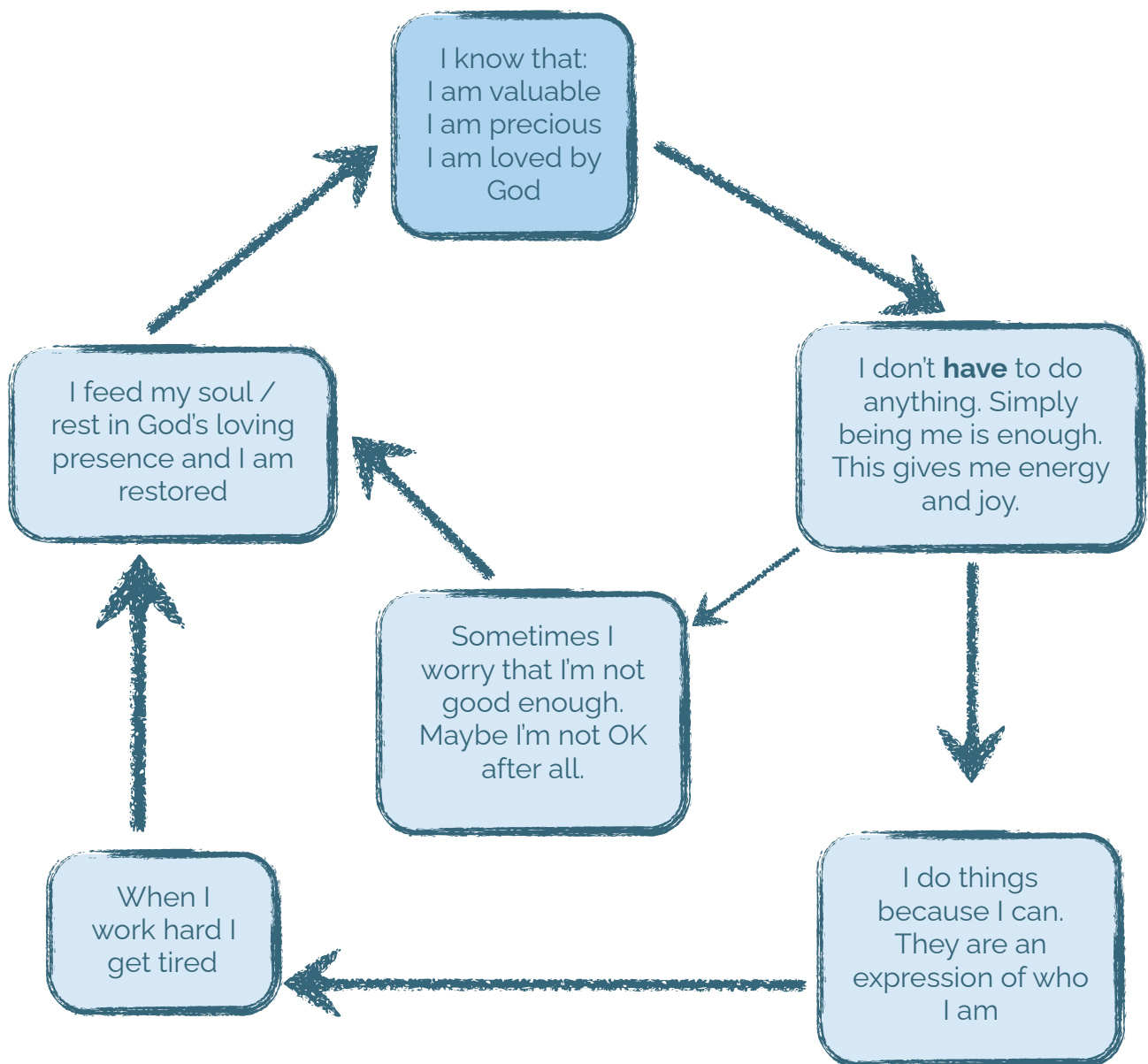
A huge amount of emphasis, in our culture, is placed upon what we do. It is where we tend to get our self worth. We are valuable if we achieve something, if we have a healthy bank balance. We go through our lives being judged by the people and culture around us.

We are all unique. We are loved by God just as we are. We need to know that it's OK just to be and that we don't **have** to do anything. Then, when we do decide to do things we can act with far more freedom and joy. We can do what makes sense for us and not just what other people expect.

The Cycle of Doing: I am what I achieve



The cycle of being: I do because I can!



Reflections: