



Five gates to connectedness

A daily reminder of your connection with all life.

This exercise accompanies you through the day or a quiet moment in the morning or evening. Each 'gate' is an inner attitude - an invitation to remember that you are part of a living whole.

1. mindfulness - being awake and present

Question: 'Am I really here - with everything that is?'

2. compassion - the art of feeling with others

Question: 'Can I open my heart - for myself and for others?'

3. humility - recognising the greater good

Question: 'What is at work in my life that is bigger than my mind?'

4. gratitude - the key to abundance

Question: 'What am I quietly grateful for today - without reason, without comparison?'

5. responsibility - the silent contribution

Question: 'What is my silent contribution to the balance of this day?'

Closing thought:

Take a few minutes each day. Sit in silence. Feel inside yourself.

Let the questions resonate - not to answer, but to remind yourself.

You are not separate. You are part of the great web of life.