

Points to ponder

- ❖ Be humble
- ❖ Seek more harmony
- ❖ Be open to change

“The supreme goodness is like water.

It benefits all things without contention.

In dwelling it stays grounded.

In being, it flows to depths.

In expression it is honest.

In confrontation, it stays gentle.

In governance, it does not control.

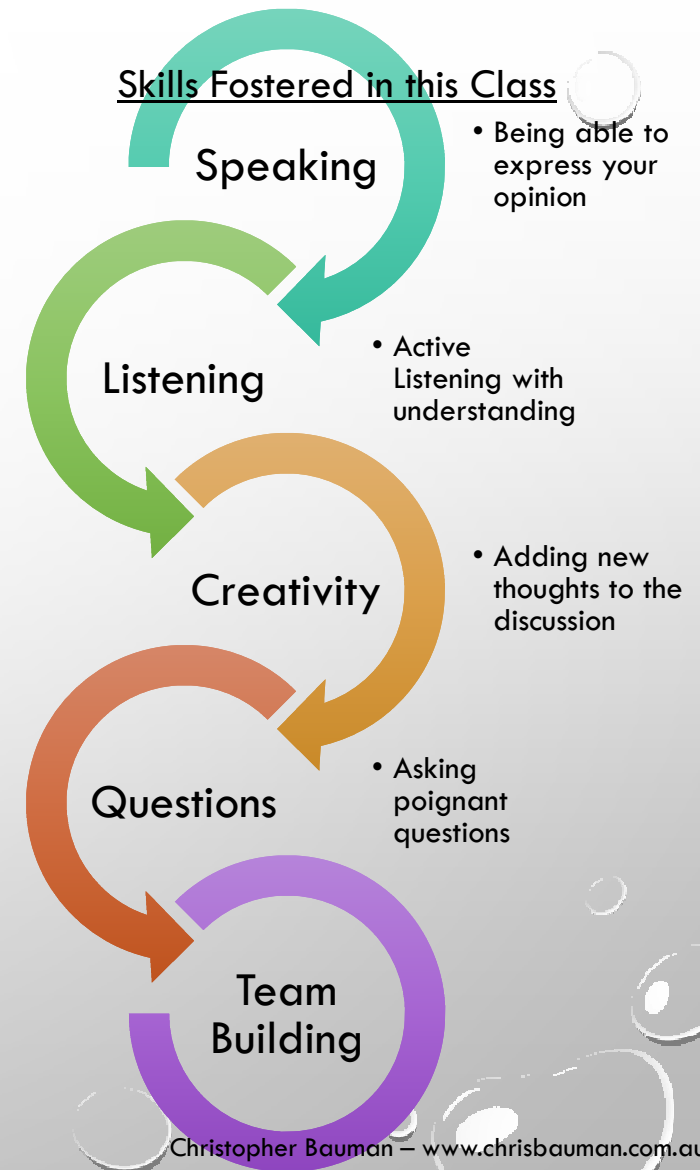
In action, it aligns to timing.

It is content with its nature,

And therefore cannot be faulted.”

*Tao Te Ching – Passage # 8*

Skills Fostered in this Class



What ripples are you creating? Are you following your path?

1. I was feeding my mind with junk food and I was becoming mentally obese

2. What is humility to you? What is Harmony to you?

3. Water stays low, it doesn't draw attention, it doesn't need reward or recognition. It makes a humble contribution.

4. It is so much more satisfying to promote the success and glory of others

5. Help other people overcome their challenges so that they can succeed

6. It helps us to remain grounded, to be present, and to learn from the stories behind the people around us

7. Water flows around rocks. When faced with an obstacle water somehow finds a solution.

8. Nature does not hurry, yet everything is accomplished

Develop a humble mindset for richer connections



Advanced Question Words

Find peace  
Cut down  
Harmony  
Humility  
H2O  
don't know, is OK!  
Follow your path  
There is no force, there is no conflict  
All streams eventually flow to the ocean  
flow  
Be flexible  
Openness

Will this action bring me greater harmony?  
When needed, ask yourself – what would water do?