

GRATITUDE

Gratitude is a way of seeing, not a list of reasons.



Reflection Prompt

What, in my life, is waiting to be remembered?

O'SHOMA

LOVE

Love flows when the heart is open.



Reflection Prompt

Can I allow my heart to be touched, without condition?

O'SHOMA

COMPASSION

Compassion flows where separation dissolves.



Reflection Prompt

Can I meet this moment and myself with gentleness?

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AWAKENING

Awakening is seeing what is already here.



Reflection Prompt

What is here before the next thought?

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WISDOM

Wisdom listens before it speaks.



Reflection Prompt

What would clear seeing choose now?

O'SHOMA