



Universal Qualities of Our One Life Together

Our One Life together is expressed, moment-by-moment, through each individual being's sounds and movements, words and actions, including silence and stillness.

We can know this One Life through deeply hearing, voicing, and embracing Life's qualities, Needs, in each moment, in each expression of ours or another's.

Stress and conflict, at its root, is caused by self-identifying as separate from Life and its qualities.