

Week 17 Practice

This week marks the end of the months of listening.

Of course, during these months, we've done much more than listen. During these months, we've slowed down, simplified, begun to breathe, been present to our pain, confronted our shame, and, finally, we've listened for the voice of grace within us. Then, as we've recognized our truest, worthiest self—our most fundamental identity—we've begun to act on it. Removing a mask or two for instance.

In the months of loving ahead, we will be removing more masks, revealing our truest self, and finding our people in the process. But the months of loving will only be truly loving if we have first done away with our illusion of separateness. Experiencing our worthiness does not lead us to believe we are self-sufficient; it helps us to be at peace with the knowledge that we are *insufficient*. We are interconnected. Interdependent. As big as a limitless soul, but as small and as fragile as a human body. This week is a bridge between the tasks of listening and loving, and it could become a bridge between you and everyone else, as well.

You depend upon thousands of people, right now, in this moment. First, begin this week by making a list of every person you are connected to in one way or another. List at least one hundred people.

Second, as you go through your week, interacting with different people, note the ways in which you are connected. For instance, this morning I went to a musical program at my son's school. A secretary in the principal's office buzzed me in and gave me a guest pass, his music teacher conducted the show, another father got up and gave me his seat, and his classroom teacher guided the kids into the music room. That's five people right there, caring for me, making a good thing in my life possible. Keep track of those people in your life.

Finally, choose one of those people, and write a letter to him or her, expressing your gratitude. You probably won't give it to them, but write it as if it was your job to be the voice of grace to them, seeing their worthiness, telling them about it. After all, the signature sign that we have embraced our own worthiness is the joy we feel in embracing everyone *else's* worthiness, too.