

# ENTWINED



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What do you do to quiet *your* mind?

To quiet *my* mind, I often take long walks without my cell phone so that I am not distracted by anything other than birdsong and the rustle of leaves in the trees. At this point in my life, it is clear that the more I center myself through nature, the more readily I can connect with others.

Speaking of interaction, when we start to pay close attention to the presence and absence of empathy, it makes seeing, hearing, and understanding others much more seamless.

An example of someone sharing empathy was my recent flight back to Austin. As I struggled to get my

suitcase in the overhead bin, a stranger noticed my strain and stepped in to lighten my load.

We introduce empathy into our lives, work, and communities through simple acts of generosity, such as selflessly offering to lend a hand to help someone regain balance.

*The effort to quiet our mind is akin to the practice of empathy - to find ourselves, we must first think beyond ourselves.*

Until we meet again, stay the course with open hands and hearts. ❤️

Yours in Solidarity, -akm

May 2023

*It's time to get closer. Are you ready?*

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