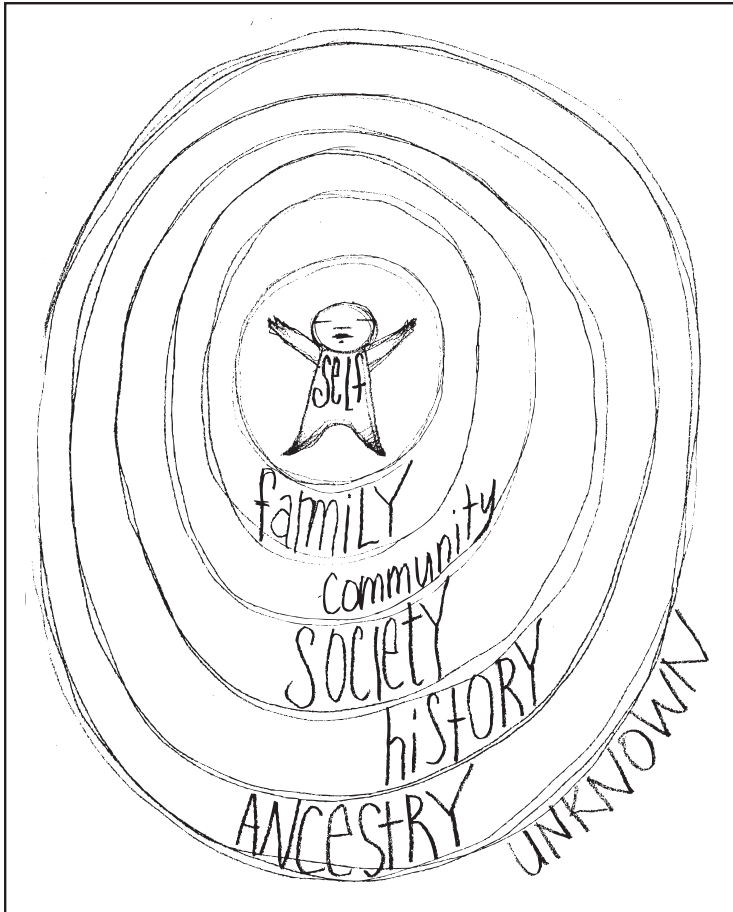


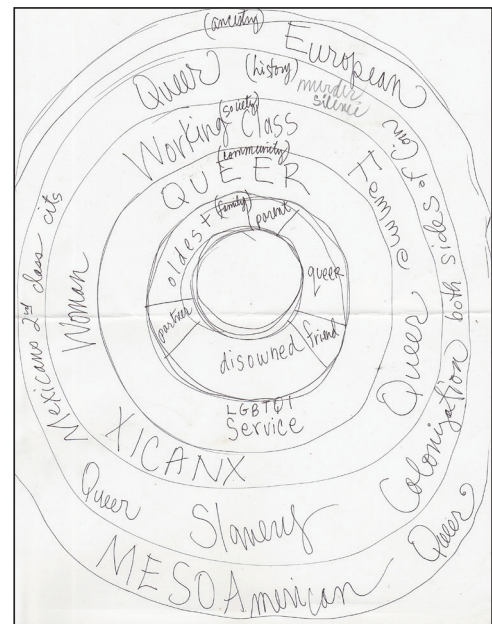
Look at my drawing of the self in context shown as concentric circles expanding out.



They include:

FAMILY
COMMUNITY
SOCIETY
HISTORY
ANCESTRY
and UNKNOWN

Now look at my own drawing of concentric circles with context:



On the following page create your own map of context where your full self is centered. See yourself

nested within all 6 contexts and fill in how each one impacts who you are. Trace over each of the concentric circles as you fill in the different areas and include as much as you can imagine for each category. The more you include, the more you call yourself in. Being curious about your self and paying attention to who you are, are radical acts of self love and a great way to practice larger awareness and presence.

Now go back to the exercise in the first part of the mini-course, *Shoulder to Shoulder, Heart to Heart* and look at what level of reflection you experienced as a child in the books and other media in your world. Look at your context and pay attention to where you are seen and can see yourself. Who sees you? How are folks like you depicted? What stories have you never heard that you need to hear? What stories do you hold that have never been told? Who needs to hear your stories? How would the world look if all the stories were told and flowing.

Allow yourself to feel the weight of silence and invisibility that your community/ies endured and still may endure. Sense the creative power thriving below the surface, always ready to flow with greater and greater strength in service to the self and the people.

Feel all of who you through time and space, within and without.

my SELF in CONTEXT

