





## Notes

The word humility comes from humus, the earth. To walk humbly is to know ones value as a part of the interwoven fabric of nature created by God.

The supreme act of showing mercy to oneself is allowing oneself to move through the darkness of guilt, fear, destruction, and loneliness to the deep point of stillness within. This stillness combined with the pursuit of justice is the source of all peace and allows us to pursue justice, peace, and the integrity of creation.