

***“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” - Audre Lorde, Black lesbian vegan poet and activist***

PANDEMIC, CLIMATE CHANGE, WHITE SUPREMACY, HUMAN SUPREMACY, PATRIARCHY, COLONIALISM, ECONOMIC INSECURITY, VOTER SUPPRESSION, THREATS TO DEMOCRACY, DEATH AND LOSS...

**These are challenging times.  
Have you prioritized self-care?**

**ENJOY these FREE self-care resources at  
[BoundlessLoveProject.org/welcome](https://BoundlessLoveProject.org/welcome)**

- **Weekly Zoom Group Meditations -- The School of Love -- every Tues. at 6:15 pm (CT).** Join our all-inclusive, nonsectarian gathering as we reconnect to our love, belonging, and resilience in community through meditation and studying the ways of unconditional love.
- **Tips on starting or deepening your meditation practice.** Learn to live with more love, peace, and joy!
- **Mindfulness classes to download and listen to at your convenience.** Learn to live with more clarity, compassion, and courage!
- **Guided meditations.** Dozens of downloadable recordings ranging from 5 to 60 minutes in length.
- **Resources on effective movement strategy and activism.** Learn how nonviolent campaigns work to achieve victory. Help your activism be more powerful, effective, healing, and sustainable.
- **Help create social and environmental justice and Beloved Community.** Complete our volunteer survey and volunteer with us.

The Boundless Love Project joyfully works to create a global Beloved Community where all humans, animals, and other life forms thrive. We invite you to join our welcoming, affirming, all-inclusive, nonsectarian community!



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