



Building Community Affirmation

July 21, 2022 By Dr. Mary Jo Bulbrook, RN

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Let us come together.

Build a community founded in LOVE & appreciation for each other.

Hold sacred our uniqueness, our differentness while respecting each other.

Let us work together.

Cooperate with a unifying vision

Healing Spirit, Mind-Emotion, & Body with Integrative Health.

Let us gather.

Heart 2 Heart, ONE in Spirit,

To LOVE, Help & Support one another.

This we pray!

We Intend To:

Treat each other as equals,

Offer support to follow our / your dream

Become All we / you can be.

Be part of the Community of

Love to help each other

Courage to face Life's challenges together.

The Mission is Solidarity.

The Vision is inspiring Hope.

The Goal is Love, Help & Support.

We Act To:

Find solutions to our struggles.

Comfort each other as we grieve.

Support one another.

Bless and honor each other as equals,

Provide and share enough food for all,

Create shelter to live in comfort.

For all to be FREE from harm.

For all to be FREE from injustice,

For all to empowered in their choices!

We Interaction To:

Know - As I help YOU,

You help ME.

We are ONE.

Remember our animals

Also deserve a life of

LOVE, Support, & Comfort.

Animals need us.
We need them.
We are connected.

Remember to:

Protect the environment for.
Climate change is the outcome.
Pay attention person-human interaction.

Avoid selfish gains that
Compromise the integrity of
Supporting life & health for all!

Heal the body,
Strengthen the emotions - mind,
Feed the soul with love for one another.

In closing Let us

Build this community

With Love, Hugs & Laughter.



Written July 21, 2022, AFTER THE Bernie & MJ Dialogues July 20, 2022 on zoom:

Nine travelers present with

Dr. Bernie Siegel, MD, host & Dr. Mary Jo Bulbrook RN, cohost

Inspired by Dame Dr. Effie Chow, RN & Qigong Master, Founder of the World Congress on Qigong / Tai Chi / Traditional Chinese Medicine / Natural Healing

Thank you, Holy Spirit for Building this Community of LOVE.

Out of which was born this Affirmation.

To Love one another & Dream the Impossible Dream.

Supporting Quotes:

- *“Education is not preparation for life, education is life itself.”* John Dewey
- *“Give me a fish and I eat for a day. Teach me to fish and I eat for a lifetime.”* Chinese Proverb
- *“What the teacher is, is more important than what he / (she) teaches.* Karl Menninger



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