

Practice Card: What's In Your Bucket?

What's in your bucket is what you are becoming. The energy you send out is the energy expanding within you.

To become consciously aware of what you are becoming, try carrying a bucket for a day—or more. Any container will work. Make some blank slips of paper and get a pen to carry with you so you are prepared. Now stop during the day to note on a slip of paper the energy you are sending out. Is it love? Or is it anger, resentment, impatience, frustration?

Once you know where you are, you are free to choose to go where you want. Want to become love? Fill your bucket, moment by moment with love.

What did you learn about being love in the world from this practice?