



**OUR FUTURES ARE HAPPENING NOW**

**OUR ME-WE BOOK SPECIAL EDITION & PASSION-IN-ACTION REFLECTION GUIDE:**

## **Becoming People-Planet Lover-Warriors**

*(inspired by: Zen and the Art of Saving the Planet)*

**December 8, 2022**

**50% donation to Just Gather**



# Becoming People-Planet Lover-Warriors

(inspired by: *Zen and the Art of Saving the Planet*)

*Welcome to our ME-WE book reading experience.*

*You will read passages from interdisciplinary sources – current and historic – woven together in an exponentially powerful medicine of intergenerational wisdom not possible as separate sources. This ME-WE book intention is to helping us learn, consider, and to take action to become what we need to become to live in harmony with our planet now, and*

*for the generations from now.*

*(Source list and passion-action reflection prompts revealed at the end of your reading experience.)*

The hummingbird may be the smallest of birds, but it is also one of the most fascinating. Anyone who has ever seen this tiny bird is filled with a sense of wonder and joy. Its name comes from the vibration of its wings as it flies or hovers. We have all heard how good it is to whistle while we work, but humming is much more effective. It creates an internal massage, restoring health and balance. This the hummingbird reminds us to do. It reminds us to find joy in what we do and to sing it out.

**Nature is so delightful and abundant in its variations that among trees of the same kind there would not be one found which nearly resembles another.**

**And not only for plants as a whole, but among their branches, leaves and fruit, will not be found one which is precisely like another.**

**In every one of us there is also a Warrior.**

The warrior brings a determination to go ahead. You refuse to give up. You want to win. And, as a practitioner, you have to allow this fighter in you to be active. You don't become a victim of anything. You fight in order to renew your meditation practice. You fight in order not to allow things to become boring.

And so, the meditator goes together with the warrior.

We should not be afraid of obstacles on our path. In fact, there many things that can discourage you. But, if your energy of bodhicitta is strong, if your warrior is strong, you can overcome these obstacles, and every time you overcome them, your bodhicitta will get

stronger. In this way, obstacles are not really obstacles. They are an accelerator of wisdom, of aspiration.

**The meditator, the artist, and the warrior are not three separate people;**

they are three aspects of your person. And you should allow all three aspects to be active at the same time in order to have balance. We have to mobilize them all and never let one of them die or become too weak. If you are an activist, a political leader, or a leader in your community, you have to know how to cultivate these three aspects within yourself so you can offer balance, steadiness, strength, and freshness for those around you.

**A True Tribe is a group of two or more people with mutually held feelings of love,** possessiveness and respect for one another – Who share same life, financial, career and business objectives. When together they protect and progress their current and future life or death conditions that each member confronts in life and automates each other's successes.

**When the wind blows, that is my medicine,**

**When it rains, that is my medicine,**

**When it hails, that is my medicine,**

**When it becomes clear after a storm, that is my medicine.**

Let us walk barefoot on the grass, on wet sand and soft airy dry sand – privately, and **together.**

Let us sleep enough, hydrate enough, get physically fit enough – so we may help our **community.**

Let us dance, sing, listen, laugh, communicate, reflect, give, receive, appreciate, and – **gather.**

Let us identify our biggest passions for people-planet living in harmony and the actions that we need in order to reach that next step of improvement or an aspirational new height.

Let us do all of that, as individuals and most importantly, together –

**as a modern community family.**

Because the way I see it: 'just do it' doesn't mean much until we figure out what our 'it' is. That's my 'it' – to do whatever it takes with you - to learn to improve ourselves – together.

So, let us pray that we do it – all that we need to do in order to live as friends to ourselves,  
our communities and our one home: **Earth.**

And yes, if It's difficult, then let's start now.

If it's impossible, it will probably require more time and effort.

**Community-inspired wellness is possible when we start to just gather.**

**Together, we light the way and become a true - community - tribe.**



*Extend and expand your me-we book experience:*

*Read this passage backwards, paragraph and sentence by sentence and begin your  
people-planet passion-in-action prompts provided below.*

**We thank these authors for their wisdom, courage, creativity, compassion, and commitment  
towards that which is beautifully powerful and vulnerable in our human-planet experience:**

**Leonardo Da Vinci - quotation**

**Thich Nhat Hanh – Zen and the Art of Saving The Planet**

**Jim Kalnin – The Spirituality of Nature**

**Ted Andrews – Animal Speak**

**Lawrence Newhouse – Co-founder, Questhaven Christward Ministry**

**Eric C. Davis – Author, Raising Men & CEO Average Frog**

**ME: Veronique C. Marchal, Interim Board Chair, Just Gather & Founder, Me We Action**

*Artist-Author “Me” Note:*

*The intention of the me-we book artist, Veronique C. Marchal, Founder of ME WE ACTION is  
to bring to life her own realizations of what is being asked of us as Humans alive in the year  
2022 and what practices we must engage with as individuals and communities so that we  
may enjoy life as*

*Happy People, living with a Healthy Planet and Peaceful Prosperity.*

*For that she believes a majority of us need to be Artist-Mediator/Prayer-Warriors who*

*True - community - tribe together - in Service to ourselves and one another.*

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## ME-WE BOOK PASSAGE SUGGESTED PEOPLE-PLANET PASSION-IN-ACTION PROMPTS

- 1) Hum. Hum until you feel your lips vibrating while imaging the sound of a hummingbird hovering in front of you 😊
- 2) Pick up 3 leaves or shells and look at them closely, slowly 😊  
Notice how each is unique in your mind or write out the details on a piece of paper.
- 3) Look at the people in the room where you are or your family 😊  
Notice how each is unique in your mind or write out the details on a piece of paper.
- 4) Close your eyes and focus on each breath with the rise and fall of your chest.  
Be still and quiet with your mind.  
Ask yourself “What do I love doing most outdoors in Nature?” 😊  
Imagine yourself doing it. Where are you, who are you with? How do you feel?  
Ask yourself “Is there anything that limits me doing this activity now or might in the future?”  
Gently open your eyes, and write down any limitations you saw for today or the future.
- 5) When have you or do you feel that you are a part of a supportive team, tribe or group?  
Write down any guiding principles, meeting methodologies, or “in real life” results you have accomplished together? What part of the definition of “true tribe” inspires you most, and why? 😊
- 6) Gather with us at our next **Me We People Planet Happy Hour** to share, define and plan action.



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