

## Wellbeing

“There is one thing that is so important for all of us to remember in all of these situations and that is Wellbeing or developing a profound wholeness and sense of self is an inexorable draw in all of us.

We wouldn't be upset about the injustices in the world; we wouldn't want something different unless there was a movement to something greater. That's happening in all life, but certainly we can see it in ourselves, in our growing interest, our curiosity, our care for one another, and so on.”

Ba Luvmour