



### Inspirational texts

#### Laudato Si, 205

Yet all is not lost. Human beings, while capable of the worst, are also capable of rising above themselves, choosing again what is good, and making a new start, despite their mental and social conditioning. We are able to take an honest look at ourselves, to acknowledge our deep dissatisfaction, and to embark on new paths to authentic freedom. No system can completely suppress our openness to what is good, true and beautiful, or our God-given ability to respond to his grace at work deep in our hearts. I appeal to everyone throughout the world not to forget this dignity which is ours. No one has the right to take it from us..

#### Bible, Gospel of Saint Matthew, 7,13-14

Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. 14 For the gate is narrow and the road is hard that leads to life, and there are few who find it.

#### Régine Deforges

Wherever you go, do not forget the simple things, be open to others, leave all selfishness, it is by loving that you will be loved .

#### Arthur Rimbaud , Sensation

<http://www.mag4.net/Rimbaud/poesies/SensationE.html>

#### Robert Desnos, Never anyone but you

<https://loveblender.com/blend/wv.cgi?id=2002.04.15.00.33.9063>

#### Quran, Surah Al-An'am, 6,153

And, [moreover], this is My path, which is straight, so follow it; and do not follow [other] ways, for you will be separated from His way. This has He instructed you that you may become righteous.

#### Rabbi Nahman's Meditation

Master of the Universe, grant me the ability to be alone. Let it be my custom to go outside every day among the trees and the grass, among all the things that grow. And I can be alone in prayer, to speak with my Creator, to express everything in my heart. And let all the foliage of the fields wake up when I come, to send the power of their life into the words of my prayer, so that my prayer and my speech are made whole by the spirit of all things growing.

#### Michel Menu , Being a leader

If you want to be a leader someday,  
Think of those who will be entrusted to you,  
If you slow down, they stop.  
If you falter, they falter.  
If you sit down, they lie down.  
If you criticize, they demolish  
But..  
If you walk in front, they will overtake you.  
If you give a hand, they will give their skin.  
And if you pray, then they'll be saints.

### Activities

- 🌀 Walk on the path. Take breaks and walk at your own pace. And respond to the questions.
- 🌀 Listen to the texts that we offer to you in podcast, prayers made along the ways.
- 🌀 If you wish, we suggest you write to yourself to tell you where you are and keep this letter for six months to resume and see the progress
- 🌀 Questions to ask yourself for self-reflexion
  - 1.Am i using my time wisely?
  - 2.Am I taking something for granted?
  3. Is my perspective healthy?
  4. Am I true to myself?
  - 5.Am i awake in the morning ready to face the

- day?
  - 6.Do I have negative thoughts before going to sleep?
  - 7.Do I put enough effort in my relationships?
  - 8. do i take care of myself physically?
  - 9. Do I let things out of my control to stress me out?
  - 🌀 10.Am I achieving the goals I set for myself?
- Activities to find yourself: Exploratory writing, Spontaneous collages, Expressive dancing, Long walks., writing a letter to yourself

### Questions

- ⚙️ Have you ever been afraid to leave your home, to go away?
- ⚙️ Have you ever lost your course? What did you do ?
- ⚙️ What events in your life or what meetings helped you move forward? Which, on the contrary, slowed you down? What made it possible for you to overcome these obstacles?
- ⚙️ What changes have you noticed in yourself in recent days? These last months ? These last years ?

### Links to songs

- [A L'agneau](#)
- [En Toi je sais qui je suis | Hillsong En Français](#)
- ["Dans nos obscurités" chant de Taizé](#)
- [Taizé - El Senyor](#)
- [Mon phare -Rend Collective](#)