



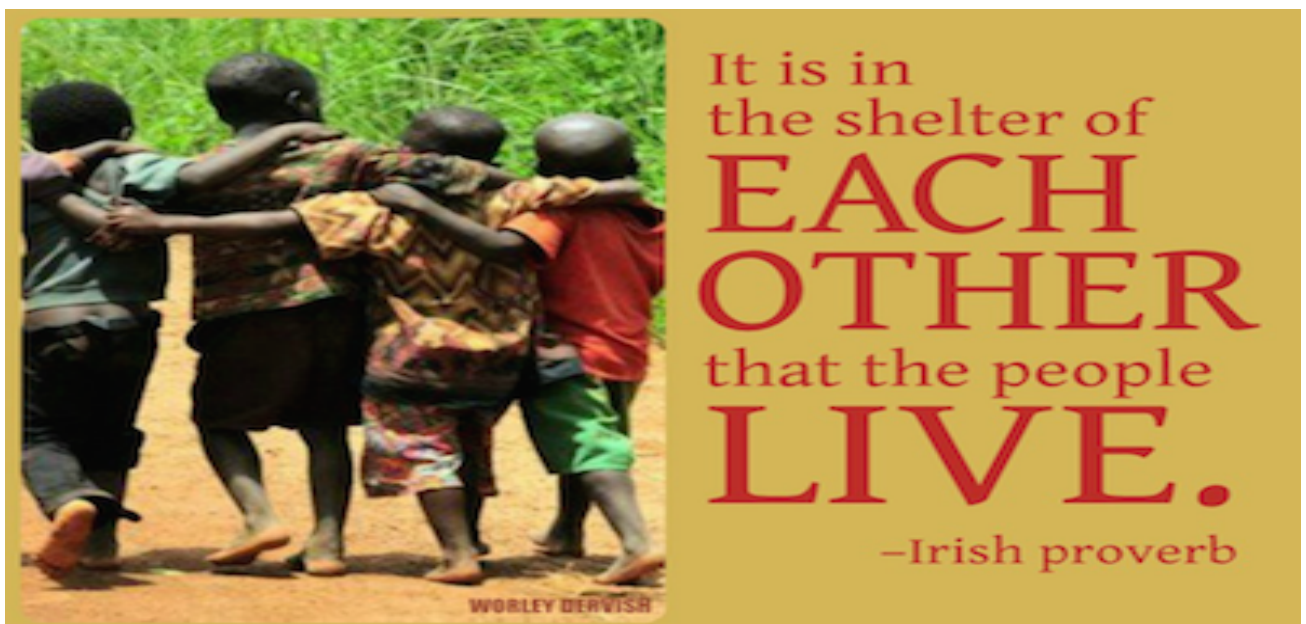
**With Suzanne Sterling**

***Week Six:*** Paying it Forward ~ Integration and Celebration

Meditation:

- How have you shifted as a result of the declaration that you will be a Voice of Change?
- Overview of what we have touched upon in course.
- When in your life have you spoken out for others? When have you empowered others to speak for themselves?

It is important for us to take this work out to places in our own communities where it is needed. Most important for us to keep finding our own voice but also to be bold about empowering others...what VOC gift can you start offering in your community right away? Moving forward: How will you begin sharing this with the world? Keep networking with each other. Remember deep anchoring meditation and prayer.



## Resources for Week Six: articles and other items of interest.

[http://www.huffingtonpost.com/2013/09/30/hgtv-giving-back-to-community\\_n\\_3856387.html](http://www.huffingtonpost.com/2013/09/30/hgtv-giving-back-to-community_n_3856387.html)

<http://bookhaven.stanford.edu/2013/05/how-estonia-sang-its-way-to-freedom/>

[http://greatergood.berkeley.edu/article/item/tips\\_for\\_keeping\\_a\\_gratitude\\_journal](http://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal)

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