

PYE

Befriending Ourselves in Times of CHANGE

with Andrew Nelani



How can we be our Best Friend?

Finding light in the face of terror can only happen through COMMUNITY

AM

Statements Against Me

I'm not doing enough!



FM

Statements For Me

I'm doing my best given how quickly things have been changing

FORWARD MOVING

COUNTER NARRATIVE

If you really knew me you would know that...

FM is not denying. It is about coming to your own side

That is SO TRUE!!



- R**ecognising
- A**llowing
- I**nvestigating
- N**urturing

What is calling your attention?

Where do you feel FM?

Pay attention to your body

What might it look like?

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