

a practice of awareness

sisters of new york
www.sistersofnewyork.org

**awareness is
not a destination
it is a practice**

**to notice is to see
what is directing our attention.
to return is to choose
where it goes.**

noticing and returning

**attention is
our most precious
asset.**

**attention is not passive.
what we sustain with it
gains power.**

**intention turns
awareness
action.**

**what we become aware of
asks something of us.
intention is how we answer.**

**curiosity is
more powerful
than certainty.**

**certainty protects
what we already know.
curiosity makes room
for what we have yet to see.**

**presence is
a form of
resistance.**

**when we are distracted,
we are easier to influence.
when we are disconnected,
we are easier to divide.**

presence interrupts both.

**liberation is
a collective
practice.**

**freedom is both
what we claim for ourselves
and what we make possible
for one another.**

**liberation is the ongoing
practice of both.**

**nobody should be in jail
for weed**

**connection
changes
consciousness.**

**individually, we see
from where we stand.
in relationship, we encounter
what our own experience
cannot reveal.**

**nature is
the original
healer.**

**healing began before
we had a name for it.
the body's ability to repair,
adapt and restore itself
is older than medicine.**

**we heal within nature
because we are a part of it.**