

JOURNALING INTERBEING

A collective journey

Please Call Me by My True Names

Don't say that I will depart tomorrow—
even today I am still arriving.

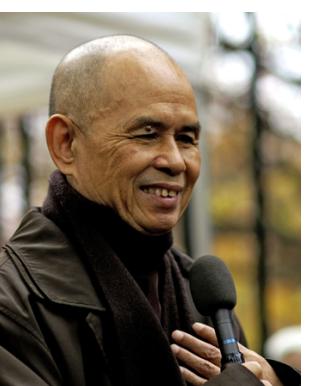
Look deeply: every second I am arriving
to be a bud on a Spring branch,
to be a tiny bird, with still-fragile wings,
learning to sing in my new nest,
to be a caterpillar in the heart of a flower,
to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry,
to fear and to hope.
The rhythm of my heart is the birth and death
of all that is alive.

I am a mayfly metamorphosing
on the surface of the river.
And I am the bird
that swoops down to swallow the mayfly.

I am a frog swimming happily
in the clear water of a pond.
And I am the grass-snake
that silently feeds itself on the frog.

I am the child in Uganda, all skin and bones,
my legs as thin as bamboo sticks.
And I am the arms merchant





WHO IS “I”?

SHORT GROUP PRACTICE

- checkin
- listen empathically
- reflect in “I” form
- ... beyond “me” and “you”



COLLECTIVE JOURNALING



01. Digest

02. See oneself

03. Interconnectedness

SUPPORTING TECHNOLOGY

01



Telegram bot
(voice) messages



02



Moos Interbeing
ChatGPT bot



03



Integrate in
Moos Mesh



04



Awake voice(s)
of Interbeing





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