

From the top, moving clockwise

KEN McLeod - Attention

DZOGCHEN -Tenzin

Peter Gabel\* - for others

ALMAAS - Open inquiry

STARRATT - Educational leadership

MINDFULNESS - Kabat-Zinn, UCLA NPI, Alan Wallace

Ken Wilber - Witness

ZEN - Not Knowing

Senge et al - Global

Centering Prayer

DRUM – Embodiment - Rhythm, pulse

WILL JOHNSON- Relax into presence

GABRIELLE [Roth] - Embodiment

Batchelor & Buber\*

The line at the bottom says

\*= emphasizes authentic being-with