



## GRAVA 90 Journey:

Ninety ways to experience the Healing Power of Gratitude, Recognition, Acknowledgement, Validation and Acceptance



GRAVA comes from the work of Angeles Arrien, cultural anthropologist, educator and author of *The Four Fold Way*, bridging cultural anthropology, psychology and comparative religions. In Angeles' work, GRAVA is associated with the archetype of the Healer, who "... in all major traditions recognize that the power of love is the most potent healing force available to all human beings. Effective healers from any culture are those who extend the arms of love: gratitude, recognition, acknowledgement, validation and acceptance."

### WHEN TO USE THIS MATERIAL

- As part of your reflective practice
- For inspiration during challenging times
- To bring healing into your life
- While waiting (e.g. in the doctor's office)
- When you want to inspire someone
- Anytime you need a boost of positivity
- For a fresh perspective
- At family gatherings
- To share the love
- To remember what is good
- After a major disappointment
- To get out of a judgment mindset
- For good self-care
- Before work
- At a staff meeting
- With youth
- When mentoring others
- To strengthen a life-affirming practice
- When you're looking for new ideas
- During a retreat
- Every day!