

CONVERSATIONS ON

REFRAMING

Disintegration

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Inspiration is important. Finding hidden truths within ourselves is amazing. But there are some truths which can only emerge through dialogue and consultation.

Having meaningful conversations and building collective visions is like a super-power that enables us to build fellow-feeling, uncover solutions to problems in our daily lives and communities, and design paths to action which allow us to work together to really improve things; even if the steps are simple, even if the challenges seem great.

With this in mind, Elevate would like to give you a couple of questions which might help kick-start a conversation about this week's theme. These questions might be explored as a group after collective worship, around a family dinner-table, or on your daily walk-and-talk phone call with your best friend. However you choose to explore this theme, whichever questions strike a chord with you, we hope that you will enjoy the new understanding and actions that result from your journey!

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Disintegration

*What are some of the destructive forces which are assailing the world?
How do we see these affecting our lives and the life of our community?*

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*What are the constructive forces
which are starting to act on the
world? How are they manifesting
themselves?*

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*Which of these forces should we strive to be aligned with?
How can we ensure that we are not unintentionally reinforcing antiquated or destructive tendencies in our own lives?*

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*How can we support one another
to drive forward the forces of
integration in our community?*

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For inspirational quotes and prayers about this week's theme, take a look at our [Meditations](#) document.

Visit the Elevate Hub to enjoy more [collections of themes](#) and [let us know](#) how they've supported you in your personal journey, or your efforts to improve the life of your community.

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