



Dear Healer Within Foundation Family,

Our world - indeed our universe, if you study our stars - is in tremendous flux right now. Social and political upheaval and uncertainty, exacerbated by a deadly pandemic, make these extremely trying times. Many of us are hurting, outraged, angry and even physically and emotionally exhausted.

At this moment, the HWF Board and Staff wish to reach out to you and affirm our commitment to equality, justice, and equity in governance.

"If you want to awaken all of humanity, then awaken all of yourself. If you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself. Truly, the greatest gift you have to give is that of your own self-transformation." ~ Lao Tzu

As cultivators of qi or life force, we are aware of our relationship with the energies at work inside and outside of ourselves, our families, communities and the world. Our bodies, minds and spirits are influenced by, and influence, the biofield. From inner cultivation comes outward expression. As we cultivate strong, coherent qi, healing and wholeness can happen for ourselves and others. Caring for ourselves and each other really can profoundly change the world!

This moment may call you to listen, to speak, or to act. We are moved to encourage HOPE. We hold the sincere intent we might individually and collectively broaden our vision and deepen our understanding of each other and the world. We are confident we will transcend hate and fear, while facing the uncertainties of tomorrow together.

"Where the mind goes, the qi flows." As qigong and tai chi practitioners and leaders, we know a sincere and consistent commitment is needed to create viable, long-lasting change. To be a part of positive change, HHWF is dedicating its Community Practice Fellowship to fostering Diversity, Inclusion and Equity. Scheduled for introduction in 2021, this fellowship is designed to help cultivate practice groups in underserved communities. The Foundation will provide two (2) fellowships to Community Practice Group Leaders who commit to leading a community practice group for one (1) year with primacy given to venues engaging with underserved communities.

May our humanity expand to include all living things in our interconnected web of LOVE.

With respect and gratitude,

A handwritten signature in blue ink that reads "Josie Weaver".

Josie Weaver, President
Healer Within Foundation