



Take care of the most vulnerable (like the loon takes care of her young)

Ricardo Levins Morales is a graphic artist based in Minneapolis who has been a beacon of hope in his many images of peace, resistance, and social justice!

<https://www.rlmartstudio.com>

(Ken and Lynda buy posters and buttons from him all the time; please visit his website).

Vulnerability is not a weakness, a passing disposition, or something we can arrange to do without, vulnerability is not a choice, vulnerability is the underlying, ever present and abiding undercurrent for our natural state....In refusing our vulnerability, we refuse the help needed at every turn of our existence and immobilize the essential, tidal and conversational foundations of our identity.

To have a temporary, isolated sense of power over all events and circumstances is a lovely illusionary privilege and perhaps the prime and most beautifully constructed conceit of being human and especially of being youthfully human.

*The only choice we have as we mature is how we inhabit our vulnerability, how we become larger and more courageous and more compassionate through our intimacy with disappearance; our choice is to inhabit vulnerability as citizens of loss, robustly and fully, or conversely, as misers and complainers, reluctant and fearful, always at the gates of existence, but never bravely and completely attempting to enter, never wanting to risk ourselves, never walking fully through the door. From David Whyte (2015) *Consolations*, pp. 233-234.*

- **What do you observe about the image? (color, composition, objects)**
- **Which word or phrase in the “definition” of VULNERABILITY captures a feeling you are having?**

Developed by Lynda Tredway lyndatredway@gmail.com

Using in our work at Institute for Educational Leadership and East Carolina University

If used, please attribute

- **How have you been able to retain vulnerability and yet show up for others who are vulnerable?**