

Table of Contents

Preface to GreenSpirit Edition

Beginning

1. Sitting Still

Step One: Catching the Bug

Lilypad Principle One: Everything is Perfect

2. Taking the Plunge

Step Two: Getting Out of the Branches

Lilypad Principle Two: Time Out is Essential

3. Voices from the Swamp

Step Three: Jumping Off

Lilypad Principle Three: Sensory Awareness is the Key to Delight

4. The Reservoir

Step Four: Diving Deep

Lilypad Principle Four: We Can Trust the Process

5. The World of Tiny Things

Step Five: Doing it for Ourselves

Lilypad Principle Five: We Are All Cells of the Living Earth

6. The Water Parsnips

Step Six: Doing it Together

Lilypad Principle Six: We All Make a Difference

7. Ice

Step Seven: Just Doing It

Lilypad Principle Seven: There is Only the Now Moment

Ending

The Lilypad List

The Miracle

Appendix A: Free Therapy ~ A simple method for understanding and dealing with your emotional issues

Appendix B: Getting to Know Your Ecological Footprint (reprinted with permission from the Quaker Living Witness Project)

Bibliography

About the Author

GreenSpirit Book Series & Other Resources

