

FOCUSZ Focusing Center Tübingen
Madergasse 4
D-72070 Tübingen
focusing-tuebingen@email.de
www.focusing-tuebingen.de

Freda Blob
TIFI Certifying Coordinator
TIFI Focusing Trainer
Focusing Oriented Expressive Arts Practitioner
Person-centered Psychotherapist & Adult Educator

Ubuntu Challenge

"Connected, I am."

Dear Ubuntu friends,

I'm so glad you joined us for the Ubuntu group!

I'm super excited to tell you about our next Ubuntu challenge!



As we did before, I would like us to challenge ourselves to try using Ubuntu in our daily lives between meetings.

It's so important to remember that everything in life is interconnected, and we're all in this together. We've got to take care of each other and the planet we live on. It's all about caring for the whole, about world harmony.

"The world is a fragile egg" is a beautiful African proverb that speaks to us about the fragility of life and the importance of cherishing it.

Here's something I like to invite you to: carry a raw egg in your pocket wherever you go for at least one day and take care of it. You will feel how it changes you and your day, and the way you are with people. In the evening, you may write down a word or a sentence, draw a symbol or take a photo, or find a gesture or movement. I'd love to know what your Raw Egg Day is like!

You can share how it was for you in our next meeting.

I'm looking forward to meet you there!

Warmly,
Freda