## THE RULE OF 6-STRATEGIZING SACRED CARE WITHIN COMMUNITY

6 Things That Make Me Fee Safe, Seen and Centered	l 6 Signs I Need Sacred Care	6 People I Feel Safe With
The Brackshifts Rooted In Hading	THE BACKSHIPE Rooted In Haaling	The BLECKBRIGH Rooted In Flanding
6 Ways My Community Can Support Me	6 Ways I Can Communicate When I Need Support	6 Ways I Practice Care for Others w/o emptying my cup
We stackards Rooted In Hading	THE BLACKSHIPS ROOTED IN PLEASING	THE RACKSTRIPE  Restud In Hauling