

From the Author

Designing these images and finding words to accompany them was a process by which I could let go of the concerns of my daily life, reflect and get in touch with deeper feelings. Putting symbols together to create a story provided a context for viewing my intimate thoughts. This helped me to see consistent themes in what was meaningful to me. I gained a sense of my own North Star, was encouraged to move in new directions, towards new opportunities.

Golden Rule Story Starter Cards are designed to help you connect with your personal version of the Golden Rule and to construct a story which reflects your higher aspirations. Each of the twenty-two cards consists of a hand-drawn symbol to color, a quote which reflects the Golden Rule and a note about how that quoted person made history. Just as each one of us is a piece of a bigger picture, each card is a piece of a bigger story.

To begin, choose a card to color. Clear your mind, close your eyes and take a few deep, calming breaths. As you color, pay attention to any thoughts or feelings you have; you may want to write them on the back. As you proceed through the cards your own themes may emerge. When your cards have been colored you will have a story that serves as a reminder of your often unrecognized, intuitive awareness, which can help direct the actions of your daily life.

This can also be a fun activity for a group. Have everyone choose a card to color and combine the information from each, to create a group story. This story could then be acted out as a skit or other creative presentation.

It is my wish that Golden Rule Story Starter Cards will help you to see how your hopes and dreams can come together with the hopes and dreams of others, and inspire you to get the ball rolling on new and ingenious projects of your own.

Sincerely, Kelli Bellon

The Golden Rule

Symbols and stories are the oldest forms of communication. In fact, what makes human beings unique among species is our ability to create stories and to convey those stories using symbols and images.

Throughout history there have been people who, by way of simple or heroic acts and a clear mind, have become symbols of hope, or "living legends." Learning about these historical figures, we are reminded of our human potential and we are better able to recognize greatness in people, cultures, our daily lives and within ourselves.

Every culture has stories and myths. A recurring motif in these ancient tales is the recognition of people's interdependence on each other and on the environment, often referred to as a theme or ethic of reciprocity.

As our global population continues to grow we are reminded that our fate is connected to the fate of all living things. It is now more important than ever for us to find common ground and to balance our needs with the needs of others. For this process of reconciliation we need a common ethical principle. The Golden Rule, possibly the most widely recognized ethical standard, is a great place to begin.

"Do unto others as you would have them do unto you," is based on a sincere respect and gratitude for existence.

As we try living the Golden Rule, we find that it is an ongoing process of struggle with the smaller parts of ourselves which care only about our own needs and desires. For us, the real value is in the struggle.

The Golden Rule Project is a non-profit organization, which seeks to implement the Golden Rule and to promote its awareness by bringing artists and art into classrooms and public spaces in Utah and other locations throughout the United States. Golden Rule Project Team