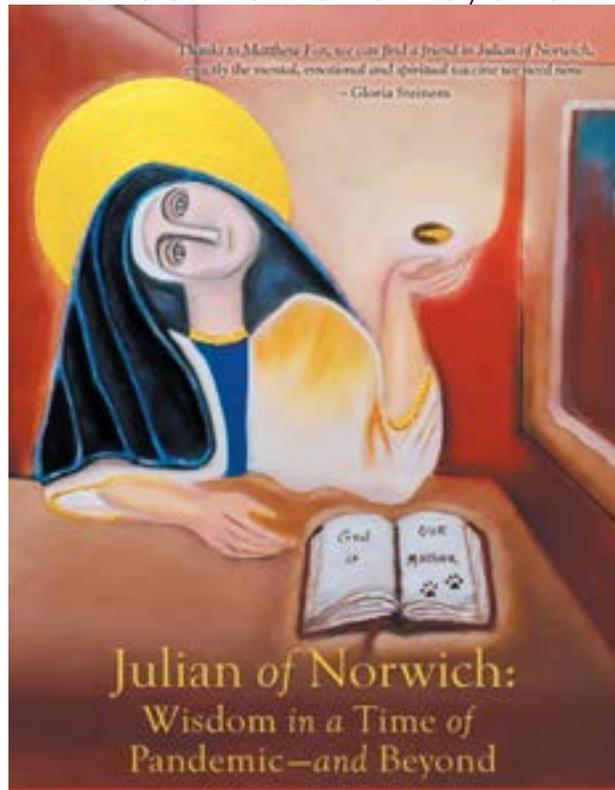


# Julian of Norwich: Wisdom in a Time of Pandemic-- and Beyond

The first good thing is the  
goodness of nature.  
God is the same thing as nature.  
The goodness in nature is God.  
God feels great delight to be our  
Father.  
God feels great delight to be our  
Mother.  
We experience a wondrous mix of  
well and woe.  
The mingling of both well and  
distress in us is so astonishing  
that we can hardly tell which state  
we or our neighbor are in—  
that's how astonishing it is!  
—Julian of Norwich

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Matthew Fox  
Foreword by Mirabai Starr

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**from the foreword by Mirabai Starr**