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we can either let
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of our lives harden

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What are the places that scare you?. For me, I had preconceived notions of places I was scared to go to, but want to go to, and need to visit now and again in order to be balanced and at peace. Mainly, with the recent death of my mom, I know

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the kind that all of
us must confront at
intervals
throughout our
lives. Here's just a
little of her
essential wisdom.

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resentful and
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and make us

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destroying your
planet—you should
bring
understanding of
them to bear. Not
everybody is loving
of children, not
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about the ocean. I
think if we ...

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Chodron continues
the teachings of
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Apart, showing how
at the core of the

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teachings on
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spot" that is the
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compassion and
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you find repulsive

3) Help those you
think you cannot
help 4) Anything

you are attached
to, give that/let it
go 5) Go to places
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with anxiety and
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