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if only so and so would treat
me differently'

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the active embodied caring
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clear sightedness and
passion that is the
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acceptance radical
acceptance does not mean
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passivity'**

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meditation which awakens
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brach is an in the trenches
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leave us rushing around
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fear and negative self beliefs
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and elegant system and
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as they deal with feelings
of overwhelm loss and self
aversion with painful
relationships and past
trauma and as they

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passion and deep wisdom
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us"radical passion
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difficult emotions and**

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in action i remember being
a little girl learning about
the work of dr martin
luther king jr and hearing
the word passion for the
first time to me it always
seemed like something
that could only be shown
to someone else"radical
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s mindfulness practice rain
helps us uncover the states
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'beautifully written book'

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and long runs wonderful
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book there are some
inviting daily practices
easy to implement which
seem to be very beneficial
to remembering our basic**

**goodness which
engenders passion for self
and others'**

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