

# THE MOMENT IS NOW

## NEWSLETTER



### PATH OF RESILIENCE, PATH OF HELPING

*from suffering to self-awareness, then on to compassion,  
self-knowledge (of what it means to be human) and a sense of purpose in life*

What is so striking to me about those who can thrive amidst the unthinkable challenges of life (such as the recent catastrophes in Japan) is the presence and power of inner resiliency. We all have the capacity to be resilient, caring, and wise; these qualities are part of being human. Yet many people walking the planet have lost touch with their ability to be human, to view challenges as something to rise to, to go beyond selfishness, and become wiser for doing so.

When I settle into the simplicity of being alive, right now, in this very world with all of its joys and sufferings, I think about the possibilities for helping others. Enjoying the blueness of the morning sky, I want to share it with others. Reading about teen gangs and the destructiveness of their camaraderie, I want to help them understand their goodness. If I could hold a moth in my hands and keep it from the flame, I would. Yet I know when I am experiencing the habit patterns of self-doubt, anxiety, and fear, it's difficult to contemplate how to help others. I must pause and bring gentleness to these states, reminding myself to see them clearly and to release any thoughts that are orbiting the felt experience. In time, resiliency arises when I have the courage to step out of self-preservation mode and into the unknown. Stepping out is the path nurtured in MBSR.

The possibilities to help others often present themselves if I'm in a state of open awareness. Most days my influence is simple; I do my best to lead a mindful life. I engage the practices of loving-kindness and compassion and feel the power of stretching my heart muscle in this way. Occasionally I move from "talking about" to actually doing something such as volunteering for the local food drive.

Please join me in opening to the world today, to the people who may need support, and to the beauty which surrounds us all.

*Janet*



### **MBSR 5-day SUMMER RETREAT**

at

**Shambhala Mountain Center**

**JULY 27 - 31, 2011**

For more information or to  
register: **SMC Retreat**



### **Calm Mind, Open Heart**

**Exploring mindfulness and  
the four immeasurables.**

**April 16th - Denver  
May 14th - Longmont**

Email for details: **Janet**