

# THE MOMENT IS NOW

## NEWSLETTER



### FUNDAMENTAL WORTHWHILENESS...

#### *REALLY?*

Interior disciplines bring us closer to our true self, intimate with our wholeness, more aware of the subtleties of life. As we become more sensitive to life we begin to see that we are often in survival mode - a holding on or a warding off in order to protect our sense of well-being. If we relax the survival instinct and let go into the present moment, we may discover the nervousness that lies beneath much of our activity. This quivering leads to doubt about our ability to be “okay” in a world of unexpected events and challenges. As MBSR practitioners, how do we develop unshakeable faith in the fundamental goodness of human life? Is it really true that *there is more right about you (& everyone) than wrong about you?*

At the recent Tucson Memorial service, President Obama made the following remark: ***“I believe that for all our imperfections, we are full of decency and goodness, and that the forces that divide us are not as strong as those that unite us.”***

His words hit me hard, in a good way. To hear such confidence about inherent decency and goodness from a powerful world leader gave me tremendous hope for humanity.

Shortly after the speech my joy turned to sadness. For millennia the message of human goodness has been preached, sung, debated, discovered by means of prayer and meditation, and written into screenplays. Yet many aspects of our world continue to spin with the dynamics of fear, hatred, and doubt. If the great thinkers and spiritual figures of the past are right about human nature, then currently we face an epidemic of confusion about our nature. I can't think of a more important, perhaps crucial time for people who have a path that uncovers the fundamental worthwhileness of human life to dive deeply into that inner journey. The tools of MBSR are specifically designed to support the unveiling of our deeper nature. These tools reduce stress, but more importantly, perhaps, they address our deeper doubts and help us develop confidence.



#### UPCOMING PROGRAMS & RETREATS

**MBSR Weekend Program**  
**Vail, Colorado**  
**April 2-3**

**MBSR Retreats**  
**Shambhala Mountain**  
**Center**  
**February 25-27, July 26-31,**  
**and October 21-23, 2011.**

**Please check our website for  
the most up-to-date  
information:**

[The Center for Courageous Living](http://www.thecenterforcourageousliving.com)