
The Moment is Now

A newsletter from
The Center for Courageous Living



Reflections on sadness, the Gulf oil spill, and a shift towards greater awareness.

Because there is still so much misery, chaos, and degradedness taking place in the world, a certain sadness begins to occur to you. That sadness could be called feeling your heart, actually experiencing your heart fully and thoroughly. Sadness is accompanied by a feeling of aloneness.

quote by Chogyam Trungpa, founder of Shambhala & Naropa University

There are all sorts of ways in which the mind and its obsessions and conditioning have led us to pay attention to certain things and utterly ignore other things that have put us in major crisis, with nuclear proliferation, terrorism, global warming, and other environmental disasters.

Bad things do happen, but our response need not be to intensify the situation with anger or hatred, because that might not bring us to the end we truly desire.

People can go out into the street and make their feelings known—and to some degree this works. People can vote. But this kind of shift to a more mindful awareness needs to happen over the next few generations.

quote by Jon Kabat-Zinn

I am happy that you are part of the community of homo sapiens who is a part of this shift!

Upcoming Programs & Retreats

Hollyhock MBSR Retreat:

Mindfulness-Based Stress Reduction Retreat, June 13 - 18, 2010 www.hollyhock.ca

Mindfulness Retreat in Boulder:

Open to anyone with prior meditation experience. July 31, 2010. 9:30 a.m. - 3:30 p.m., \$50. Pre-registration required. For more information email JANET

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