

# AS IS

*How you are is understandable given what you've been through. Try to LET DIFFERENCES BE AS THEY ARE, meaning differences between people and "conflicting" parts of ourselves*

# SELF~COMPASSION

*Instead of blaming self or others  
Suffering is part of being human*

*"I could sense a life time of judgment against myself, and letting that go" (from East Forest song "Grandmothersphere")*

# PRESENT MOMENT

*Letting go to the way things are*

# ACCEPTANCE & GRATITUDE

*Finding something good in each moment*

# INCREASING CAPACITY TO OPEN TO

# GRACE & LOVE

*Patiently feeding the hungry ghost*

# WHAT WANTS TO HAPPEN

*Clearing space for wisdom to emerge*