

The Places That Scare You

By Pema Chödrön

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filled with wisdom on overcoming the places that scare you. Maxine Hargreaves, Pema Chodron, Philosophers Notes, Scare {4 comments read them

Living in the places that scare you. | elephant -

I am a compassionate warrior. If you practice mindfulness and metta, then you are too. As Pema Chodron writes in The Places that Scare You, The essence of

The Places That Scare You - Doves and Serpents -

I absolutely love the concept of mapping the places that scare us in this kind of geographical metaphor it works for me because it s part of my