

Mindfulness Corner: Sometimes It is Just Hard.

Sometimes it is just hard. Sometimes there is no easy! Sometimes all I have is one scrawny little question, crumpled up in my pocket with lint: “Right now, in this breath, how can I be with this?”

Then I find a whispered note: Dear One, This too ..... (for all does – come and go – be here).

We invite you to listen to Dr. Mark Bertin’s guided practice of compassion:

<https://www.mindful.org/a-compassion-practice-for-healthcare-workers/>

Warmly,

Shelley & Becky