

Opening Reading

The Practice of Open Awareness: Practicing open awareness is a gradual process of continually going back to seeing what we're seeing, smelling what we're smelling, feeling what we're feeling. Whatever happens, the method is to keep letting go of the extra stuff and return to just what is here.

Closing Reading

Life Changes in an Instant: When our bubble bursts, we can recognize that we are walking through a very important doorway. Then we can experiment with hanging out on the other side of that doorway. We can learn to relax there.

Both readings from *Welcoming the Unwelcome* by Pema Chodron.