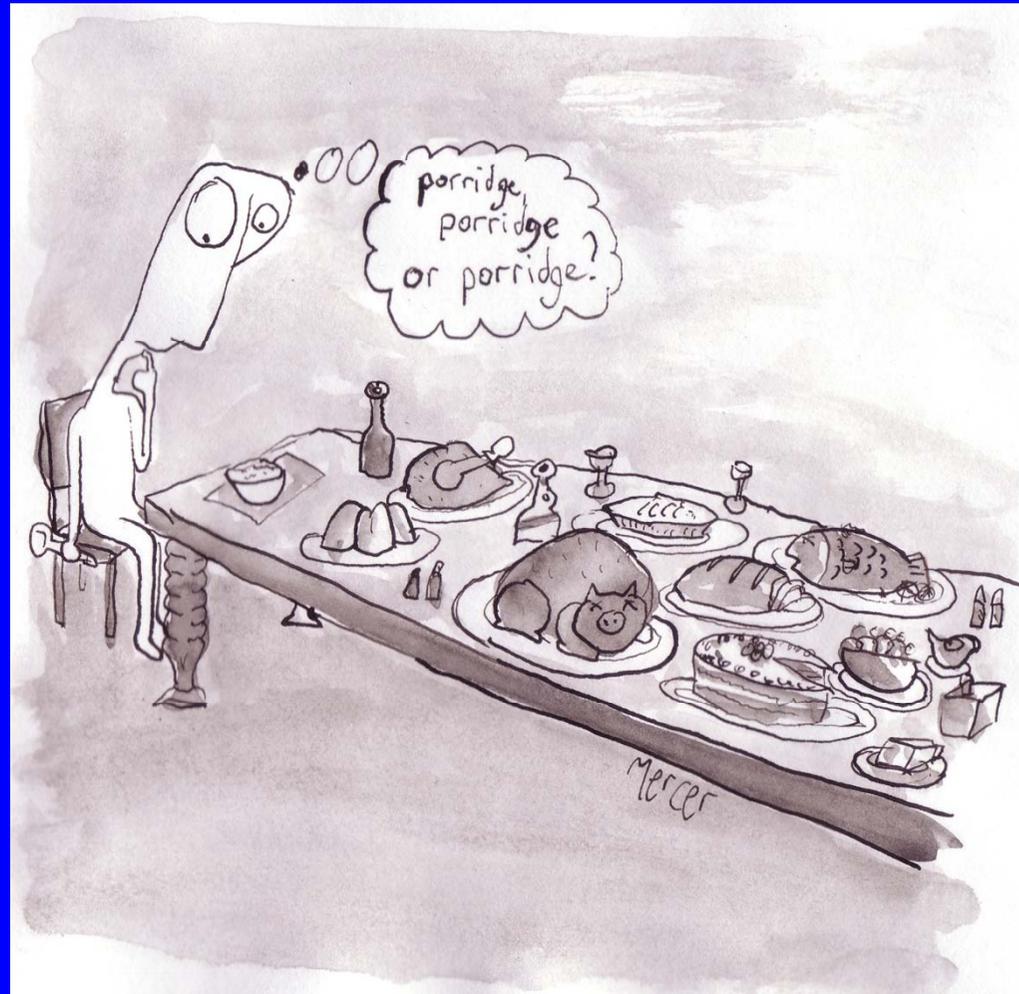


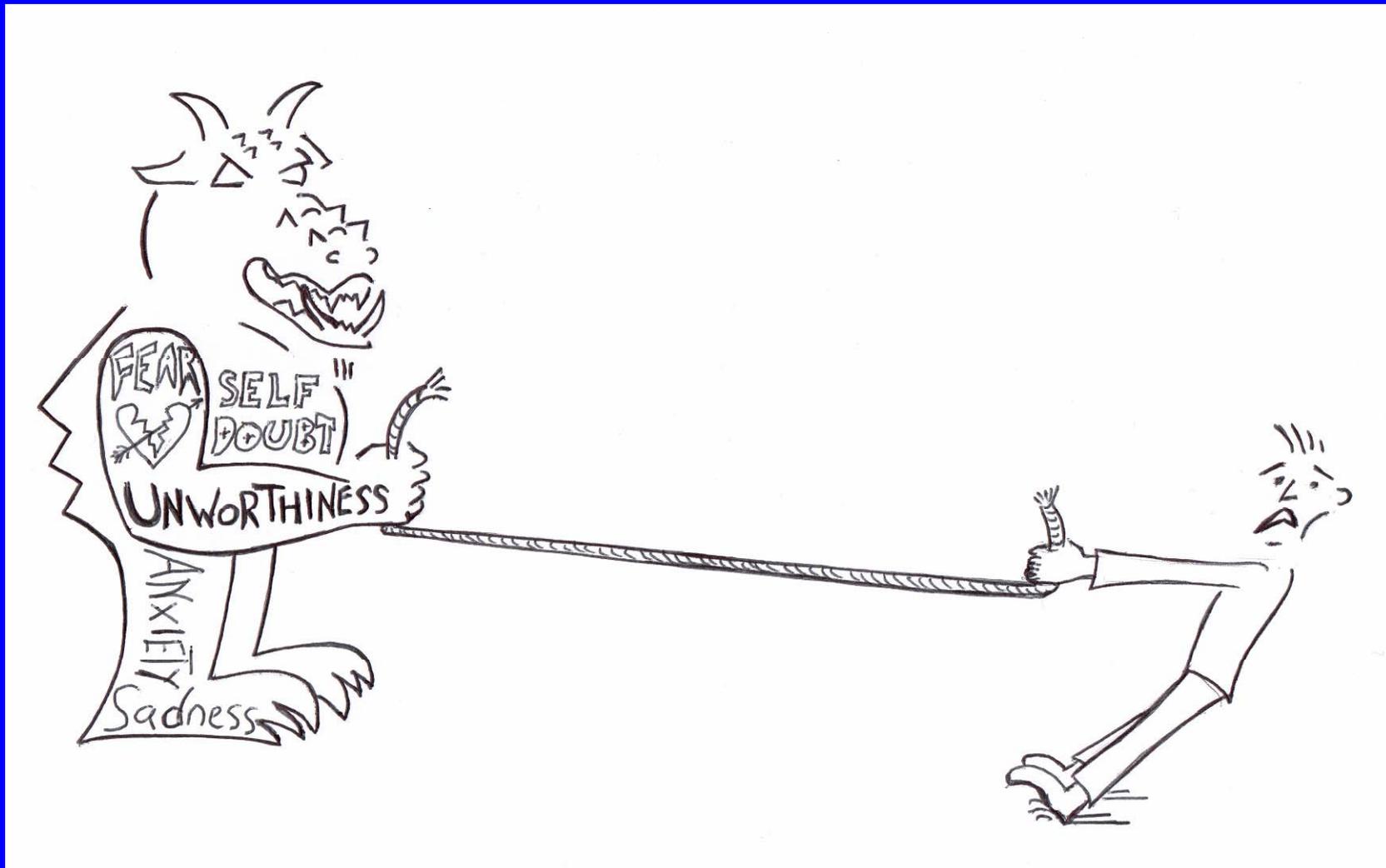
Willingness and acceptance



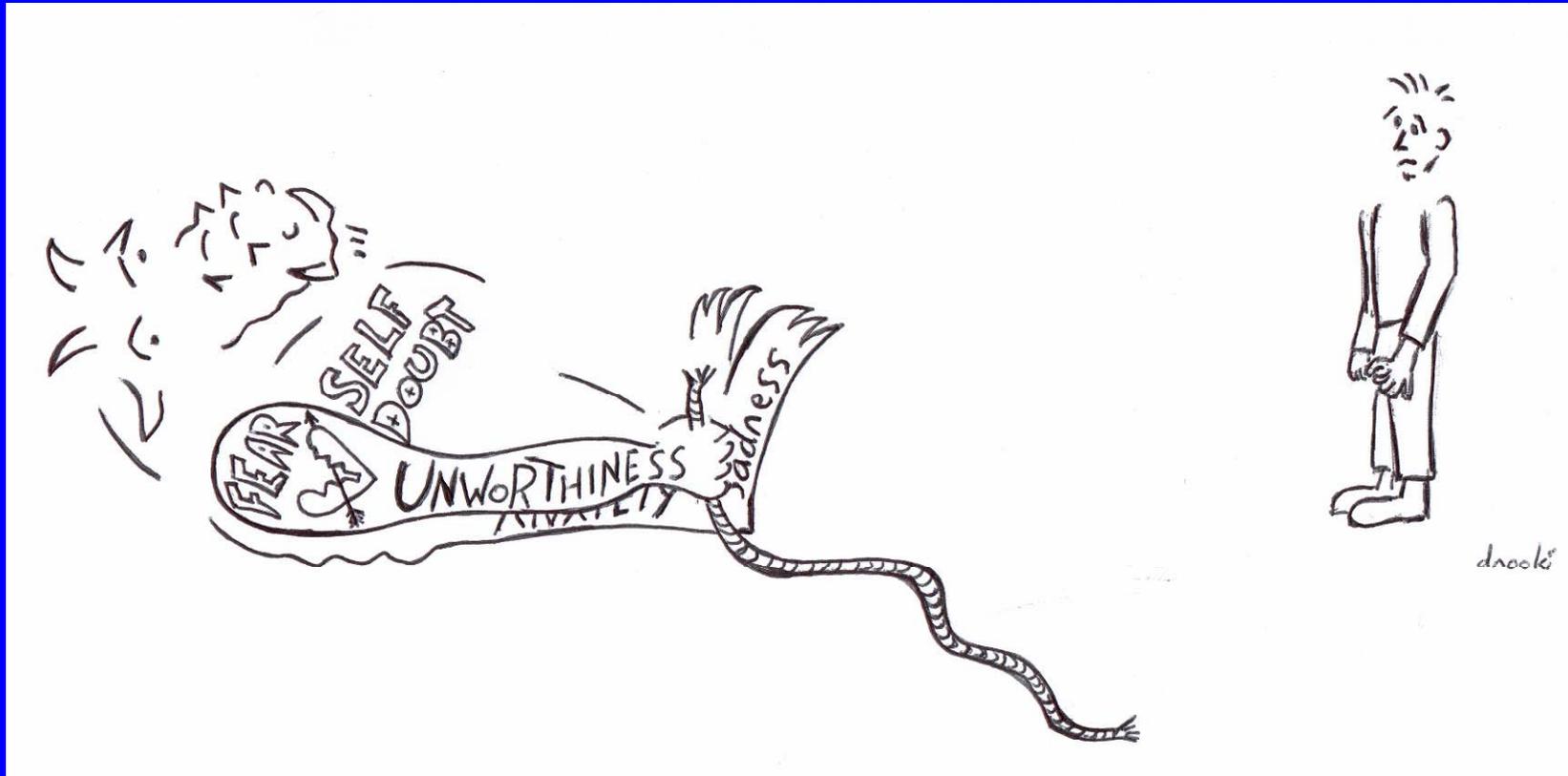
When we are distressed, we tend to narrow our focus and see fewer of the alternatives. Life is a banquet, but sometimes we only see a single bowl of cold porridge.



Struggling to get rid of our emotions can be like playing tug of war with a monster



What is the alternative to struggle?



Emotion and desire are two sides of the same coin: If you reject emotions, you may lose sight of your desires



Negative emotions and thoughts are like bees without stingers.
They seem scary. Do you really have to run from them?

