**Let it Go (Danna Faulds) – read during Let It Go practice**

Let go of the ways you thought life would unfold:
the holding of plans or dreams or expectations – Let it all go.
Save your strength to swim with the tide.
The choice to fight what is here before you now will
only result in struggle, fear, and desperate attempts
to flee from the very energy you long for. Let go.
Let it all go and flow with the grace that washes
through your days whether you received it gently
or with all your quills raised to defend against invaders.
Take this on faith; the mind may never find the
explanations that it seeks, but you will move forward
nonetheless. Let go, and the wave’s crest will carry
you to unknown shores, beyond your wildest dreams
or destinations. Let it all go and find the place of
rest and peace, and certain transformation.

**Self-Observation Without Judgment (Danna Faulds) – read during Self-Compassion practice**

Release the harsh and pointed inner
voice. it's just a throwback to the past,
and holds no truth about this moment.

Let go of self-judgment, the old,
learned ways of beating yourself up
for each imagined inadequacy.

Allow the dialogue within the mind
to grow friendlier, and quiet. Shift
out of inner criticism and life
suddenly looks very different.

I can say this only because I make
the choice a hundred times a day to release the voice that refuses to
acknowledge the real me.

What's needed here isn't more prodding toward perfection, but
intimacy - seeing clearly, and
embracing what I see.

Love, not judgment, sows the
seeds of tranquility and change.
 From “One Soul”

**UnTitled (Danna Faulds) – read Breathe In Breathe Out Emotions practice**

It takes a while

But I finally find the quiet place inside

Where I can embrace fear with love

And not be highjacked by anxiety

In that space, connected and awake

I take a breath and begin to feel my breath begin to open again

Instead of pushing aside sadness and grief

I let it all be

This is meditation in the midst of a pandemic

This is how I regain my center, many times a day now, but who’s counting

What matters, is finding my way back to intimacy, with what’s real and unchanging

**Pandemic (Lynn Ungar) – read during Grounding-Setting Intentions practice**

Read as part of a talk that meditation teacher Tara Brach’s gave called Guided Meditation for Times of Pandemic: “Calling on Your Awakened Heart”:

What if you thought of it

as the Jews consider the Sabbath—

the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,

on trying to make the world

different than it is.

Sing. Pray. Touch only those

to whom you commit your life.

Center down.

And when your body has become still,

reach out with your heart.

Know that we are connected

in ways that are terrifying and beautiful.

(You could hardly deny it now.)

Know that our lives

are in one another’s hands.

(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils

of compassion that move, invisibly,

where we cannot touch.

Promise this world your love–

for better or for worse,

in sickness and in health,

so long as we all shall live.

–Lynn Ungar 3/11/20 <http://www.lynnungar.com/poems/pandemic/>

**I Know Someone (Rachel Stafford) – read during How Emotions Show Up and Having Compassion practice**

I know someone going through a hard time.
He’s irritable, overreactive, and difficult to be around.
That’s grief talking, I remind myself,
And my love expands like an umbrella in a downpour.

I know someone going through a hard time.
She’s emotional, fidgety, and anxious.
That’s fear talking, I remind myself,
And my love whispers to her like a calming prayer.

I know someone going through a hard time.
He’s self-critical and unable to sleep.
That’s anxiety talking, I remind myself,
And my love supports him like a great oak tree.

I know someone going through a hard time.
She’s defensive and angry.
That’s depression talking, I remind myself.
And my love breaks through the clouds and warms her face.

It’s not easy to respond when I want to retreat,
To forgive when I want to freak out,
To bite my tongue when I want to bite back.

But when you’re going through a hard time, you feel shaky.
You feel like you’re suspended in a place you don’t want to be.

I know because that was me at a low point in my life,
Suspended in darkness.
I was anxious, overreactive, defensive, and moody.
But I was never alone.
Thank God, I was never alone.
Being not-alone is what helped me hold on

So I could see my trial was temporary,
That my story was not over.

So, when I see my loved ones going through a hard time,

I do the one thing I know helps:
Get steady and stay close.

“We’ll get through this,” I remind them as I remind myself.

**https://thriveglobal.com/stories/how-i-learned-to-be-steady-in-lifes-emotional-storms/**

**Be the Light song (By Thomas Rhett)– excerpt read during Thoughts are Not Facts Practice**

In a time full of war, be peace

In a time full of doubt, just believe

There isn’t that much difference between you and me

In a world full of hate, be a light

When you do somebody wrong, make it right

Don't hide in the dark, you were born to shine

In a world full of hate, be a light

In a place that needs change, make a difference

In a time full of noise, just listen

Because life is but a breeze, better live it

In a place that needs a change, make a difference

In a world full of hate, be a light

In a race that you can't win, slow it down

You only get one go around

Don't hide in the dark you were born to shine

In a world full of hate, be a light

Yeah, it's hard to live in color

When you just see black and white

In a world full of hate, be a light