

Week 21 Practice

This week, see fear everywhere.

I know that sounds a little crazy, but bear with me. Every time someone does something intimidating, threatening, critical, or otherwise attacking toward you, choose to see the fear from which that attack is arising. Relate to the fear instead of the attack.

For instance, as I write this, we are in the middle of a divisive election season. When I log on to Facebook, I see angry rant after angry rant. It makes me want to write something angry back, or never check Facebook again. But instead, I've been trying to focus on having compassion for the fear from which the anger arises. These people on both sides are afraid something precious will be taken from them in this election. It makes me want to wrap my arms around them and reassure them, "It's going to be okay. We'll figure this out. We can handle this. Together."

Now, turn those eyes upon yourself. Revisit the "Attack" column of your Week 19 Practice. Watch for those behaviors in yourself this week. When they occur, ask yourself, "What am I afraid of right now?" Don't let yourself proceed with your attack until you have clarity about the fear that is driving it. As we become mindful of the fear that motivates our more aggressive behavior, we begin to develop compassion for ourselves. When we do so, instead of wanting to attack someone else, we end up wanting to embrace *ourselves*. Then, revelation of our truest self always proceeds from an embrace of our truest self.

Always.