

## Week 25 Practice

Last week, we considered the possibility of releasing particular people from our life. This week, we are going to explore the other side of that coin: instead of going out of our way to keep everyone happy with us, we are going to get bolder about revealing who we are and letting other people decide if they want *us* in *their* life. This is how we will practice...

In the contemplative tradition, there is a belief born out of centuries of practice and experience that if we can mindfully hold something in our minds—long enough and consistently enough—that idea will descend from our minds into our hearts. In other words, it will go from being an abstract idea to a tangible experience inside us.

This week, let's make this sentence—*I'm not going to worry very much about offending people anymore, which means I need you to tell me when I do, so I can think about it and decide if I need to apologize*—the meditation of our days.

If you have not continued with your morning breathing meditation, this is the week to resume it. Remember, begin your meditation by focusing on your breath and returning your attention to it whenever it wanders. Then, slowly shift your focus from your breath to this sentence. Hold it at the center of your attention, repeating it out loud if necessary. When your thoughts stray from it, return to it. Wait upon awareness of the ways you find this idea difficult or scary. Note them and let them go as well. Then, as you go through your day, pause briefly after your interactions with people. Return to this sentence. Become aware of the ways you lived it and the ways you hesitated to do so. Conclude the brief reflection by repeating the sentence again.

It's a sentence to hold gently at the front of our minds until it sinks into the depths of our hearts. It's a sentence that will redefine how we experience life, what we choose to do with our time, *who* we choose to spend that time with, and who chooses to spend their time with *us*. Let's surround ourselves with people whose hearts are also beating to the rhythm of that sentence, people who can give us grace in our errors and compassion in our brokenness, and people who are vulnerable enough to sincerely confess their own mistakes and receive the grace we offer.

Find the people you belong to by attracting the people who can handle the revelation of who you are. Meditate upon this sentence this week. Act on it. Become it.