

The Wisdom Of Insecurity A Message For An Age Of Anxiety

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A Suggested Format for Conducting an A.A. Meeting

5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. 6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. 7. Every A.A. group ought to be fully self ...

The RAIN of Self-Compassion - Tara Brach

feelings of insecurity and unworthiness, I like to share a meditation I call the RAIN of Self-Compassion. The acronym RAIN is an easy-to-remember tool for practicing mindfulness and compassion using the following four steps: Recognize what is going on; Allow the experience to be there, just as it is; Investigate with interest and care; Nurture with self-compassion. You can ...