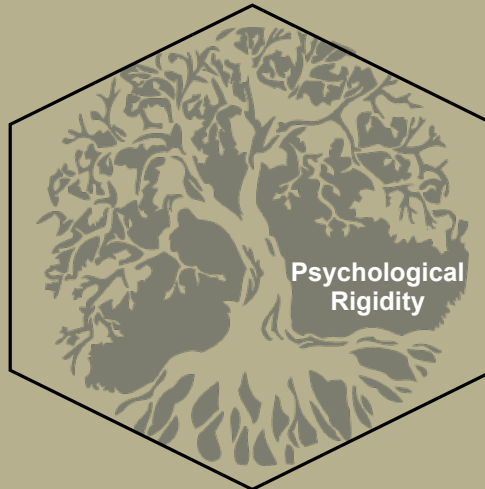


## A formula for stuck, lifeless, checked out.

Lose contact with the present moment

Run away from hard thoughts and emotions

Get entangled with categorical, judgmental thought



Lose contact with what we really want to be about in our lives

Settle into inaction, impulsivity, or avoidant persistence

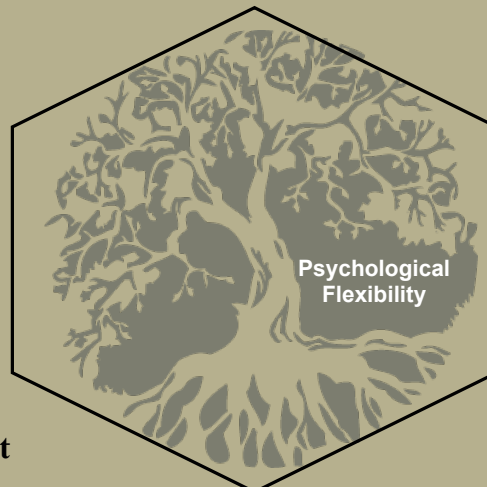
Buy into stories of who we are and what is possible for us  
See from one perspective

## A formula for day-by-day liberation.

Practice contact with the richness of this moment

Practice openness to our own hard thoughts and emotions

Practice holding lightly and in kindness categorical, judgmental thought



Practice actively growing patterns we really want to be about in our lives

Practice noticing inaction and violation of patterns and returning to valued patterns

Practice holding lightly and in kindness stories of who we are and what is possible for us  
Practice perspective taking