

## **Topic: Responsibility AND Self-Compassion**

Reading: *Excerpt From: Nepo, Mark. "The Book of Awakening." Conari Press. iBooks.*

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"If I have unkind things to say, it's because I've experienced unkind things. And so, my only guide in this witnessing is to be accurate and honest. While I am not a victim, I didn't ask for certain shaping experiences to happen to me. I didn't ask to be slapped or ridiculed as a boy or to be mistreated by lifelong friends later in life. In truth, If I had experienced different things, I would have different things to say.

What is most healing about bearing witness to things exactly as they are, including my own part in my pain, is that when the voice of the pain fits the pain, there is no room for distortion or illusion. In this way, truth becomes a clean bandage that heals, keeping dirt out of the wound.

To voice things as they are is the nearest medicine.

Center yourself and, in the safety of your heart that has carried you this far, give voice to a wound you carry.

Breathe deeply and try to be accurate, naming all those responsible for the wound, in"

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