

### ***This Very Moment Reflections***

What do you think of the idea that uncomfortable feelings are actually very clear moments that teach us where we're holding back?

What is an uncomfortable feeling you experienced today?

What might be its teaching for you?

Pema writes: The most precious opportunity presents itself when we come to the place where we think we can't handle whatever is happening. It's too much. It's gone too far. We feel bad about ourselves. There's no way to manipulate the situation to come out looking good. No matter how hard we try, it just won't work. Basically, life has just nailed us. Seems like prison is a place where it is easy to think we can't handle whatever is happening. What might be different in your life if, as Pema suggests, you stopped hating it and trying to escape it, but instead softened into the experience and noticed that you have reached your limit? How could meditation help you with this?

Please return this to the Winter Feast office on Feb. 14, PO Box 26935, Tempe, AZ 85285-6935

What do you think of the idea that all the places where we just cannot feel good are a sort of death? Can you think of an example when you felt a kind of death because of a bad feeling or experience?

In what ways do you fight this fear of “death?”

How might your “death” experience create space for something new to be born?

What evokes hope and fear for you?

How can you move into unknown territory around this? What could you do that would move you forward?

What has been your experience of acknowledging whatever arises without judgment, letting the thoughts simply dissolve, and then going back to the openness of this very moment?