

What is the purpose of practice?

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To realize the fullness of experience.

Its pregnant nature: holding birth, beauty, wonder, awe, gratitude, happiness.

...and...

Its potential for overwhelming suffering, debilitating pain, mental anguish.

...and...

The healing that arrives with compassionate awareness, tenderness, love.

...and...

Recognizing that to be awake, the prerequisite, the mandatory command, is *stopping*.

Waking up I smile

a brand new day is before me...

<http://www.brandonrennels.com>

...and...

Resting our attention in this very moment.