

GENTLENESS

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Something to think about ...
When developing a disciplined practice, one of the most valuable gifts we can give ourselves is gentleness. In everyday life we tend to associate discipline with rigidity, rules, and consequences for misbehavior. Sometimes this kind of discipline is indeed necessary. However, we tend to downplay the equally important role of gentleness in making changes.
Change requires a great deal of effort from anyone engaged in it even if the change is positive. Change plunges a previously ordered system into temporary chaos, and chaos is stressful. Gentleness takes into account our effort and stress; treating ourselves gently is a way of offering encouragement and appreciation for the work being done.
From a fellow traveler!
Dale