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Pema Chödrön is an American Buddhist nun whose simple, powerful book, *The Places That Scare You*, offers a “guide to fearlessness in difficult times” — the kind that all of us must confront at intervals throughout our lives. Here’s just a little of her essential wisdom.

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— Pema Chodron, *The Places That Scare You: A Guide to Fearlessness in Difficult Times*. 21 likes. Like “we can let the circumstances of our lives harden us so that we become increasingly resentful and afraid, or we can let them soften us and make us kinder and more open to what scares us. We always have this choice.” — Pema Chödrön, *The Places That Scare You: A Guide to Fearlessness i*

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“You have to go to the places that scare you so that you can see: What do you really believe? Who are you really?” Understanding trumps compassion at this point. When people are forcing you out of your home, starving your children, destroying your planet—you should bring understanding of them to bear. Not everybody is loving of children, not everybody cares about the ocean. I think if we ...

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2) Approach what you find repulsive 3) Help those you think you cannot help 4) Anything you are attached to, give that/let it go 5) Go to places that scare you.
source: brief description by Pema Chodron & info

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