**No longer abandon yourself**

Will you make a commitment to no longer abandon yourself and your present experience? That no matter what thought, feeling, emotion, or sensation arises, you will offer it a home within you, setting aside the conclusion that it is a mistake, a problem which must be fixed, or evidence that something is wrong with you?   
  
Begin with a sacred pause, touching whatever is there, and state your intention to stay close. Offer a heartfelt "yes" to your experience and allow it to be exactly as it is, cutting into the momentum of billions of lifetimes of turning from the orphaned ones knocking on the door of your heart. Call off the war with yourself, and see that arguing with reality will only ever lead to suffering for yourself and others.   
  
From this ground of seeing and allowing, you could then enter into the most radical act of all: to meet whatever arises in your experience with what Rumi calls a mighty kindness. While it seems so simple, it is in fact a revolution in practice. Open your heart to your rage, your shame, your despair, and your sadness, gently holding and cradling it as you would a sweet little baby, unconditionally receiving it as a raging expression of reality exactly as it is. See that it, too, is path—come only to awaken one of the qualities of love within you.   
  
It is through this wild kindness that you may finally see just how much space there is around your experience, how whatever appears—while very vivid, colorful, energetic, and even disturbing—is luminously transparent, and not nearly as solid as it seems. It is in and through your intimacy with your embodied, present experience that it will self-liberate, without any effort on your part, into the pristine, primordial awareness and love that you are.