Receiving Care



Accept, respect, and get curious about an offer of care.

01 What did someone offer, and how did you respond?

02 What could you accept, respect, or get curious about here?

03 What would an honest response sound like?

Work with one ordinary moment. Leave anything unanswered. Keep or clear this file wherever you save it.

From Gregory Donihoo / Zen for Men. Present-day reflection; no memory search required.