What Ends With Me?



Decide what you'll keep and what you'll practice differently.

01 What is one way of handling things you learned from the men around you?

02 What is worth keeping?

03 What do you want to practice differently?

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.