



Postcards from the Loving Universe

*“When we try to project a certain image,
or be Someone Special,
or be Perfect and never make a mistake,
there is a tightening in the heart.*

*When we relax the heart,
not try to be someone special,
we can be who we really are,
with **Honesty**
with **Perspective**
and
with **Compassion**”*



- Sharon Salzberg

“Someone Special”

For More Handouts visit www.UpWriteWords.com