

9. COURAGE

CAN REMAIN SILENT WHEN SAYING SOMETHING WHOSE MOMENT WOULD MAKE
 LOOK GOOD. DO MY BEST TO FULFILL THE PRACTICES THAT I ENJOY
 INVESTED THE MOST ENERGY INTO. BEING THE LONGEST LISTENOR
 BUT SAYING NOTHING OR FEAR AND WITHOUT TRYING TO DRAW SYMPATHY FOR
 WHAT I AM TRYING TO DO. BEING RIGHT OR EVEN 'THANK YOU' AT THE RISK
 OF BEING VULNERABLE. WHICH MEANS I CAN ACT FROM MY
 OWN COURAGE. WHEN I ENOUNTER A NEW PAINFUL EFFORT TO SIT, DOING
 NOTHING BUT SAYING ATTENTION TO MY POSTURE AND BREATHING STRIVE
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 COURAGEOUS
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 FROM
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 OWN
 COURAGE