

LIVING A CONSCIOUS AND COMPASSIONATE LIFE

A person who is fully human, who is awake, knows what is happening in their body and mind without attachment or identification.

As a result, they make skillful choices and decisions based on wisdom and compassion that guide their intentions, thoughts, and conduct.

This, in turn, results in the cultivation of wholesome, and the dissolution of unwholesome, states of mind and heart.

Life becomes characterized by consciously responding to events rather than being driven by emotional reactivity, habit, and conditioning.

Dennis Warren