

Five True Things: How To Embrace Life's Big Challenges

Presented by David Richo, Ph.D., M.F.T.

Saturday, November 9, 2019

There are certain facts of life that we cannot change, unavoidable "givens" of human life and especially of relationships:

- 1) Everything changes and ends,
- 2) Things do not always go according to plan,
- 3) Life is not always fair,
- 4) Pain is part of life,
- 5) People are not loving and loyal all the time.

We cannot find real contentment in our lives until we acknowledge and come to terms with these facts. This means giving up trying to control them. Once we begin to do that, we start to realize that these givens actually offer us profound opportunities for a new honesty and realism in our lives.

We cultivate an "unconditional yes" to these conditions of existence, and we learn to open, accept, even embrace our predicaments without trying to control the outcomes. We begin to trust what happens as gifts of grace that help us grow in character, depth, and compassion.

We also notice givens in our own personality and those of the people around us. We accept the reality of our and others' gifts and limitations. Then our relationships become easier because they are based on what is rather than on our expectations.

Most of all, we learn how to open up to our own truth—including to what is frightening, painful, or disappointing—and suddenly discover opportunities for our practice of mindfulness and loving-kindness.

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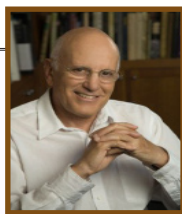
David Richo, Ph.D., M.F.T., is a psychotherapist, writer, and workshop leader. He teaches at a variety of places including Esalen and Spirit Rock Buddhist Center. He shares his time between Santa Barbara and San Francisco, California. Dave combines psychological and spiritual perspectives in his work. His most recent books are:

Five True Things: A Little Guide to Embracing Life's Big Challenges (Shambhala, 2019)

When Catholic Means Cosmic (Paulist, 2015)

You Are Not What You Think: The Egoless Path to Self-Esteem and Generous Love (Shambhala, 2015)

The website for books, CD's, and events is davericho.com



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