

# The Wisdom Of Insecurity A Message For An Age Of Anxiety

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## The RAIN of Self-Compassion - Tara Brach

feelings of insecurity and unworthiness, I like to share a meditation I call the ... In addition to a whispered message of care, many people find healing by gently ... , bring to mind a loving being - spiritual figure, family member, friend or pet - and imagine that being's love and wisdom flowing into you. When the intention to

awaken self ...

## A Suggested Format for Conducting an A.A. Meeting

5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers. 6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose. 7.