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To become present is the challenge of purification and of healing. It is to be willing to see with new eyes and to hear with new ears. It is to be willing to risk new insights. Sometimes the changes we seek are slow and require long periods of repeated experience in order to become established within. Sometimes years or even lifetimes are needed.

The Courage to be Present in the Present – All Healing is Now

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The Courage to be Present is a wonderful book that is primarily meant to describe how the basic principles of Buddhism can be applied by mental health care workers (whether Buddhist or not) during therapy. Dr. Wegela teaches at the (Buddhist) Naropa University, and is a counsellor in private practice. She draws on both experiences in this book.

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