To listen is to lean in, softly, with a willingness to be changed by what we hear. --Mark Nepo

The Endless Vows
"There are four vows we can practice in any given moment that will return us to what matters, that will return us to ourselves and each other. They are simple and always in reach, though they require everything from us. They are the utterances: help, thank you, I'm sorry, and I love you." Poet Mark Nepo shares more in this piece from Parabola magazine.

Be The Change:
For more inspiration check out Mark Nepo's piece, "8 World-Views & Practices."