

Falling Open In a World Falling Apart

Life is unpredictable. It throws us curveballs when we least expect it, and sometimes it feels like the ground beneath us is crumbling. The feeling of losing control can be overwhelming, and it's easy to succumb to despair. But what if, instead of resisting the chaos, we allowed ourselves to fall open?

In a world that often feels like it's falling apart, the concept of falling open may seem counterintuitive. But sometimes, the greatest growth and transformation come from surrendering to the uncertainty and embracing vulnerability. When we let go of the need to control every aspect of our lives, we create space for something new to emerge.

Imagine a world where instead of trying to fix everything, we learned to navigate the brokenness with grace. Falling open means accepting our imperfections and loving ourselves anyway. It means finding strength in vulnerability, for it is through our vulnerabilities that we connect with others on a deeper level.



Falling Open in a World Falling Apart: The Essential Teaching of Amoda Maa

by Margaret Agard (Kindle Edition)

★★★★☆ 4.6 out of 5

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Screen Reader : Supported

Enhanced typesetting : Enabled

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Now, you might be asking, how do we actually fall open in a world that seems to be crumbling around us? It starts with a shift in mindset. Rather than resisting change, we must lean into it. Instead of fearing the unknown, we must embrace it. This requires a level of trust in ourselves and in the universe that can be difficult to cultivate, but it is essential for our growth.

Here are some practical steps you can take to embrace falling open:

1. Practice Mindfulness

When the world feels chaotic, it's important to ground yourself in the present moment. Mindfulness can help you stay centered amidst the turmoil. Take a few minutes each day to sit in stillness, observe your thoughts without judgment, and connect with your breath. This practice will help you cultivate a sense of calm and clarity, allowing you to navigate the challenges with greater ease.

2. Embrace Vulnerability

Embracing vulnerability is not easy, but it is necessary for growth. Share your fears, dreams, and struggles with someone you trust. Opening up allows you to release the weight you've been carrying and create space for new possibilities. Remember that vulnerability is not a sign of weakness; it is a sign of courage and authenticity.

3. Find Meaning in the Chaos

In times of uncertainty, it can be helpful to find meaning in the chaos. Reflect on your values and priorities, and seek out activities that align with them. Engage in acts of kindness, give back to your community, and find ways to contribute to the

greater good. When you focus on something bigger than yourself, it can provide a sense of purpose and bring light to the darkest of times.

4. Cultivate Self-Compassion

When the world around us is falling apart, it's easy to be hard on ourselves. But self-compassion is crucial during times of crisis. Treat yourself with kindness, just as you would treat a dear friend. Practice self-care, engage in activities that bring you joy, and allow yourself to rest when you need it. Remember that you are doing the best you can, and that is enough.

Falling open in a world falling apart is not about denying the pain or pretending that everything is fine. It's about embracing the chaos and finding strength in vulnerability. It's about leaning into the unknown and allowing ourselves to be transformed by it. When we choose to fall open, we create space for healing, growth, and connection.

So, the next time you feel like the world is crumbling around you, remember that there is power in falling open. Embrace the uncertainty, lean into vulnerability, and trust in the process. You may just find that, amidst the chaos, something beautiful emerges.



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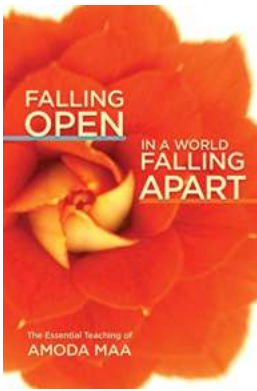


This book offers the “jewel” of Amoda Maa's teachings—how to be fully awake and fully human, open in a way that's the key to freedom and to what's most needed in our troubled times. Unlike having no boundaries, this openness transforms reactivity, ends separation, leads us to our true authority, and guides us with the intelligence of love.



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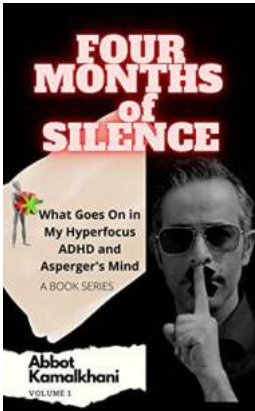
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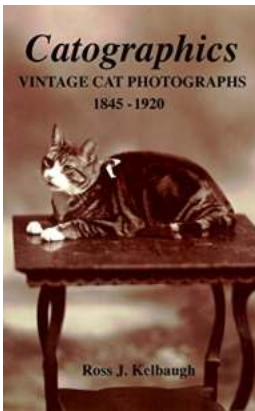
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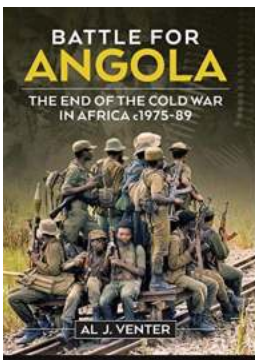
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