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Vivimos en épocas difíciles. En ocasiones la vida parece un río turbulento que amenaza con ahogarnos y destruir al mundo. ¿Por qué entonces no deberíamos aferrarnos a la certidumbre de la orilla —a nuestros patrones y hábitos familiares? Porque, según nos enseña Pema Chödrön, ese tipo de anclaje basado en el temor nos priva de la experiencia infinitamente más satisfactoria de estar plenamente vivos. Las enseñanzas que la autora nos presenta aquí -conocidas como los "Tres Compromisos"— brindan una riqueza de conocimientos para aprender a adentrarse directamente en el río, a acoger plenamente y sin temores el carácter insondable del ser humano. Cuando lo hacemos, empezamos a ver no solamente cuánto mejor se siente vivir de esa manera sino que descubrimos que, de manera natural y efectiva, empezamos a buscar el cuidado y apoyo de otras personas.

We live in difficult times. Life sometimes seems like a turbulent river threatening to drown us and destroy the world. Why, then, shouldn't we cling to the certainty of the shore—to our familiar patterns and habits? Because, Pema Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more satisfying experience of being fully alive. The teachings she presents here—known as the "Three Commitments"—provide a wealth of wisdom for learning to step right into the river, to completely and fearlessly embrace the groundlessness of being human. When we do, we begin to see not only how much better it feels to live that way, but we find that we begin to naturally and effectively reach out to others in care and support.

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