

*Calvino Rabeni: How about "Help" as a topic for next time?*

*Calvino Rabeni: In whatever way is important to a person, in their practice*

There are many that's helpful in one's practice. I'd be tempted to say everything can be but here are some that I personally found helpful:

Consistency, commitment, confidence ...

Teaching, teacher[s], friends, community, music, nature ...

Acceptance, patience, trust in the process/change

Sometimes I watch a film. One of my favourites is 'Kiki's Delivery Service'. It's important not to invoke the magic of Kiki too often :)