

# Commentary: Living from the inside out

June 1, 2016

In May, 2015, I gave the commencement address at Naropa University in Boulder, Colo. I was grateful for a chance to welcome the Class of 2015 to a world in deep need of their competence and compassion. In this season of graduations, I wanted to share my talk with you.

[Click here to read the full article at On Being.](#)

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