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**Heart of a Buddha | "Something is  
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Waking Up from the Trance of

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practice radical self-acceptance~~

Radical Acceptance Guided Meditation

Powerful Radical Acceptance Guided

Meditation *Radical Acceptance DBT*

*Skill How to Practice Acceptance (in 5  
easy steps) Practice Acceptance to*

*Release Resistance / Mindfulness*

*Meditation / Mindful Movement* **The**

**Power of Radical Acceptance**

*Practice Radical Acceptance The*

Road to Healing is Paved with

Acceptance (sorry not sorry) OCD

Mindfulness; ACT and Radical

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Tara Brach on Radical Compassion

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Radical Acceptance does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.

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The moment we believe something is

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wrong, our world shrinks and we lose  
ourselves in the effort to combat the  
pain.”. ? Tara Brach, Radical

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Beginning to understand how our lives  
have become ensnared in this trance  
of unworthiness is our first step toward  
reconnecting with who we really are  
and what it means to live fully. --from

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Life... book by Tara Brach~~

- Radical Acceptance--the acceptance of life as it is--is how one breaks the 'Trance of Unworthiness' that we put ourselves under - First step to freedom: recognize your own suffering
- Feeling inadequate is not your fault, nor is that feeling unique to you -
- Acceptance is clearly seeing reality + compassion for others

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