

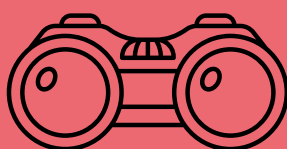
# How to Practice Mindful Acceptance

1



Stop what you are doing and turn your attention inward. Close your eyes if it helps.

2



Notice what's happening inside - thoughts, images, emotions, physical sensations & urges to act.

3



Observe the activity like you're at the aquarium. Watch everything happen, but make no effort to change, escape, or control the situation.

4



Notice when your mind has wandered - because it will - and gently guide it back to the present moment.

5



Most importantly - repeat this practice every day and remember. Acceptance is a direction we move in, not a destination we stay in.