

# Power of Acceptance

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

*To begin this Meditation, please bring kind awareness to*

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### Guided Meditation Script - The Power of Acceptance

Find a comfortable seat in a place where you can be relatively free from distractions  
 Find balance between sitting up tall, but remaining relaxed  
 Feel into the width of your chest as you soften your shoulders down and back  
 Rest your palms face up on your thighs, or in the manner that's most comfortable for you

Close your eyes or gaze low at the ground ahead of you  
 Breathe in and out through your nose  
 Choose a breath that reflects all the qualities you desire in your mind  
 Gentle, quiet, patient, steady, spacious, and at ease

Balance your awareness between the three spheres of mindfulness,  
 Your body, your breath, and the mind itself  
 Stay present right here with all three  
 Perhaps 20% of your mind's attention on each  
 And the remaining 40%? Just let this part of the mind stay with spaciousness and ease

Don't get caught up in the numbers, the idea is just to be mindful, and at the same time, free

Seated, breathing, present with body, breath and mind  
 Present. Aware. Open. Spacious.

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And now notice what's present here with you  
Notice if there's any sensation arising in the body  
An energy that you can sense through the breath  
Or a movement, emotion, or habitual thought in the mind

Whatever it is that you notice, welcome it in with a spaciousness  
Allow it to be.

Don't try to change it, don't chase it, don't try to push it away  
Can you remain still and spacious in your awareness  
As you accept what it is that's arising

This is how things are right here, and right now  
Notice how it is, and accept it

Recall that acceptance is spacious, non-judgemental, unattached  
To accept is not an endorsement  
To accept is not an opinion  
To accept is simply to recognize, to notice,  
Acceptance is mindfulness and awareness of reality as it is

And what about now  
What's present here with you now  
What's arising in the body  
What can you sense through the breath  
Is there stillness, or movement in the mind

This is how things are, right here, right now  
Notice how it is, accept it

And recall that like all things, it will also change  
In your acceptance, you give what it is that you notice the freedom to change  
When you and reality are no longer battling,  
Reality no longer has to defend itself

Thanks to your acceptance,  
There can be a softening,  
There can be movement  
There can be change

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So what about now?

What's present with you right here and right now

Accept all sensation that is arising in the body

Welcome it in, give it space, give it freedom

What type of energy do you sense through the breath

Welcome it all in, watch it, and notice it with curiosity

Is there stillness, or movement in the mind?

Welcome it, and accept it without attaching, without trying to push it away

This is how things are, right here, right now

Notice. Welcome. Accept.

Sense the whole body, the breath, and the mind itself

Opening into the freedom of acceptance.

Nothing needs to be different right now.

This is how it is.

And from the spaciousness of acceptance,

Tap into the wisdom that acceptance provides

From the spaciousness of acceptance

From this awareness of things as they are

Before you open your eyes,

Connect to the wisdom in your body, your breath, and the mind

And ask the body itself the question,

What should I do now?

Be equally accepting of the answer.

