

There is no controlling life. Try corralling a lightning bolt, containing a tornado. Dam a stream and it will create a new channel. Resist, and the tide will sweep you off your feet. Allow, and grace will carry you to higher ground. The only safety lies in letting it all in – the wild and the weak; fear, fantasies, failures, and success. When loss rips off the doors of the heart, or sadness veils your vision with despair, practice becomes simply bearing the truth. In the choice to let go of your known way of being, the whole world is revealed to your new eyes.

## **Take the Leap**

Self-Compassion it! How Radical!

Radical Acceptance is an attitude of **not judging** and **not fixing**. Radical Self-Acceptance is when we accept and allow all that comes up in us to exist exactly as it shows up. This is a way of being inclusive of ourselves: We are accepting all that is happening in ourselves with openness and curiosity.

How do we even begin to radically accept ourselves?