



RADICAL
ACCEPTANCE



UNIVERSITY UNITED METHODIST CHURCH

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THE PRACTICE OF "NOT DOING"

"While grasping on to what we desire is part of our conditioning, it blinds us to our deeper longings and keeps us trapped in craving.."

-Tara Brach, *Radical Acceptance*

Reflect on an area of your life where you feel compelled by wanting mind. It might be some kind of consumption - food, alcohol, purchases, approval. Or to do something - checking your phone, playing computer games, making critical remarks about others. For one week let your intention be to practice pausing

When you pause, become physically still and pay close attention to the nature of wanting.

- What does your body feel like when wanting is strong?

- Where do you feel these sensations most fully?

- Ask yourself, "What is missing right now?"

While we may still pursue what we want after the pause, at least we do so aware of some of the tension and suffering that lie under our desires.

PRACTICES ARE ADAPTED FROM TARA BRACH'S BOOK, RADICAL ACCEPTANCE



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