

RADICAL ACCEPTANCE



UNIVERSITY UNITED METHODIST CHURCH
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“Opening our hearts to ourselves, to others,
and to all beings everywhere.”

— Tara Brach, *Radical Acceptance*

GUIDED MEDITATION: AWAKENING LOVINGKINDNESS

Sit comfortably with your eyes closed and relax. Breathe in and out for a few moments. Scan through your body and let go of whatever tension you can. Take a few moments to sense the image and feeling of a smile.

Begin to silently extend lovingkindness to yourself through prayer. (You might find it hard to offer yourself these prayers at first.)

May I know that I am a child of God.

May I remember that I am one in who Christ dwells and delights.

May the God of hope fill me with all joy and peace in believing, so that I may abound in hope by the power of the Holy Spirit.

If you feel uncomfortable, unworthy, or somehow artificial or mechanical in the praying of these prayers, just keep going, as the practice becomes more natural through repetition, you will slowly find yourself more at home with the giving and receiving of these words.

OPENING THE CIRCLE

Bring to mind someone who is dear to you. Reflect on this person's basic goodness, remembering specific things that you love about them. As you acknowledge your appreciation for this person, begin offering these same prayers to them. Imagine them hearing and receiving them.

Next, repeat this practice for someone neutral to you. This might be someone you don't know well, and have no positive or negative feelings toward. Pray these prayers for them. Say this person's name as you pray and imagine them hearing and receiving them.

Now bring to mind someone you find difficult to love. Pray these prayers for them. Say this person's name as you pray and imagine them hearing and receiving them.

BRINGING THE CIRCLE TOGETHER

Imagine that you are bringing together all those you have just prayed for. Acknowledge your shared humanity, and remind yourself that each person is a beloved child of God. Remind yourself of Jesus who holds all things together in His perfect love.