

# Acceptance

*These are the basic beliefs of acceptance. You can read more about them in the book **Full Catastrophe Living** by Jon Kabat-Zinn, Ph.D.*

## Non-Judging

Assume the stance of neutral witness to your own experience. To do this requires that you become aware of the constant stream of judging and reacting to inner and outer experiences that we are all normally caught up in, and learn to step back from it.

## Patience

Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must happen in their own time.

## Beginner's Mind

Remove the thoughts of the past and just be. Have no agenda other than to be fully present.

## Trust

Developing a basic trust in yourself and your feelings is important. It is far better to trust in your intuition, even if you make mistakes along the way, than always to look outside of yourself for guidance.

## Non-Striving

Almost everything we do is for a purpose, to get something or somewhere. This attitude can be a real obstacle. Simply being has no goal except for you to be yourself.

## Letting Go

Allow things to be as they are, without getting caught up in our attachment to or rejection of them. It means to give up resisting or struggling.

## Acceptance

Acceptance means seeing things as they actually are in the present. If you have a headache, accept that you have a headache. Sooner or later we have to come to terms with things as they are and accept them.

