

RADICAL ACCEPTANCE

Book Study
Facilitated by Rev. Sue Kelly
Wednesdays Beginning January 24th
From 7 – 8:30 p.m.
Cost: Love Offering



“For many of us, feelings of deficiency are right around the corner. It doesn’t take much--just hearing of someone else’s accomplishments, being criticized, getting into an argument, making a mistake at work--to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully.”

*--from **Radical Acceptance***

Our way out of this vicious circle begins with accepting absolutely everything we are feeling about ourselves and our lives, by embracing with wakefulness and care our moment-to-moment experience. By accepting absolutely everything, what is meant is that we are aware of what is happening within our body and mind in any given moment, without trying to control or judge or pull away.

Rather, this is an inner process of accepting our actual, present-moment experience. It means feeling sorrow and pain without resisting. It means feeling desire or dislike for someone or something without judging ourselves for the feeling or being driven to act on it.

Join us for evenings of heartfelt discussion and mindfulness in a supportive and loving space.

Author, **Tara Brach, Ph.D.** is a clinical psychologist, an internationally known teacher of mindfulness meditation, and the founder of the Insight Meditation Community of Washington D.C.

Book is available from Amazon in paperback for \$9.78 Remember to use the link on our webpage.

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