

MindfulLiving™ Module 5

Pain-Free Living

Chapter 8 - Reading

Radical Acceptance

Adapted by Shery Clein, MindfulLiving™ Coach
Cultivating Awareness Intelligence

"The curious paradox is that when I accept myself just as I am, then I can change." — Carl Rogers

❖ Mohini's Story:

Mohini was a regal white tiger who lived in a small, confined cage at the Washington, D.C. National Zoo for many years. Though eventually moved to a spacious natural habitat, she still confined herself to pacing in a small corner, unable to embrace her newfound freedom. Like Mohini, many of us find ourselves trapped in patterns of self-judgment, anxiety, and restlessness. Even when presented with opportunities for change, we may struggle to break free from these limiting beliefs.

❖ The Trance of Unworthiness:

We often cage ourselves with thoughts of inadequacy, believing we're not good enough. These inner voices keep our lives small, holding us back from experiencing the freedom and joy that are our birthright. But unlike Mohini, we can learn to recognize when we're keeping ourselves trapped and begin to make changes.

❖ Radical Acceptance:

The path to freeing ourselves begins with accepting everything about ourselves and our lives—without judgment. Radical Acceptance means being fully aware of our moment-to-moment experience embracing it with wakefulness and care. This doesn't mean tolerating harmful behaviour but acknowledging our inner experiences without resistance or judgment. Whether we feel pain, sorrow, or desire, we accept these feelings without trying to change or suppress them.

❖ The Wings of Radical Acceptance: Mindfulness and Compassion:

Mindfulness allows us to see life "as it is," recognizing our thoughts and feelings without trying to manage them. Compassion, on the other hand, helps us relate to these experiences with kindness and care. Together, these two wings of Radical Acceptance free us from the trance of unworthiness, allowing us to find balance and clarity.

❖ Breaking Free:

By recognizing our habitual patterns of judging and resisting and remembering our intention to embrace life, we can begin letting go of the stories that keep us trapped. Whether we experience pleasure or pain, the wings of acceptance help us honour and cherish life as it unfolds.

“YOU MUST
BE THE CHANGE
YOU WISH TO SEE
IN THE WORLD.”



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A Message from Shery Clein, MindfulLiving™ Coach

Thank you so much for your valuable participation. Your dedication and commitment are truly appreciated. Our goal is to help you navigate through discomfort and obstacles with the ultimate aim of finding joy and balance in life. Remember, we're here to support you on this journey. Feel free to reach out with any questions or if you need assistance.

Blessings. Stay Healthy ♥ Love, Shery

