



# Mindful Acceptance

Living Minutes Academy

Life Captain Dan de Lill, PhD

[LivingMinutes.com](http://LivingMinutes.com)

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# Accepting the Moment

- ▶ Accepting is not the same as liking something
  - ▶ Moments should be accepted fully and unconditionally
- ▶ Accepting is not the same as non-action
  - ▶ We can act on bad situations to try to make them better, but only if we truly accept the situation for what it is initially
- ▶ Note your surroundings and the sensations they make you feel
  - ▶ Observe these thoughts and emotions without judging them
- ▶ Let go of the past and lose focus of the future – the only time is now
- ▶ Use any challenges and strife as opportunities for personal growth
- ▶ Focus on just the facts
  - ▶ While we may have feelings and judgements about the situation that we must accept, we need to filter these out from the actual situation to see the situation for what it truly is without judgement involved
- ▶ If you're in a negative situation, can you re-frame the moment in a positive or supportive way?



# Accepting Yourself and Others

## Accept You

- Embrace Non-judgement
- Approach with compassion and sensitivity
- Embrace your truth
- Embrace what makes you unique
- Be kind to yourself
- Forgive yourself
- Celebrate your accomplishments
- Ignore your inner and outer critics
- Acknowledge your abilities and limitations
- Focus on your positive qualities and work on your negative qualities
- Practice self-affirmations
- Practice self-love by doing things that bring you joy

## Accept Others

- Embrace Non-judgement
- Approach with compassion and sensitivity
- Speak your truth with love and kindness
- Appreciate what makes others unique
- Be kind to others, even in the face of derision
- Forgive others
- Try to understand situations from their perspectives
- Don't try to control their feelings or actions
- Do not compare yourself to others
- Find common ground
- Think before you speak or react





# Mindless Versus Mindful – React Versus Respond

## Mindless Reaction

- ▶ React when you're angry or stressed
- ▶ React when people do not meet your expectations
- ▶ React when things don't go your way
- ▶ React to negative thoughts
- ▶ React when you feel fear or rejection

## Mindful Response

- ▶ Respond by acknowledging that anger or stress have occurred
- ▶ Respond by paying attention to your breath, thoughts, emotions, body, and instincts
- ▶ Respond by letting go of expectations
- ▶ Respond by accepting without judgement
- ▶ Respond by choosing to come from a state of balance rather than anger/stress

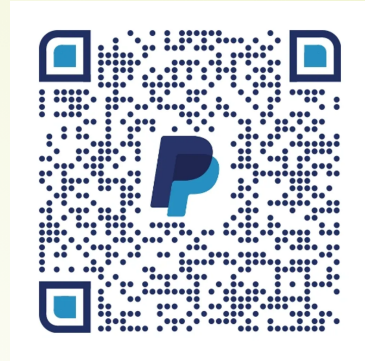


# Self-Forgiveness

- ▶ Increased capacity for compassion and empathy – greatest gifts of mindful living
  - ▶ This must extend to ourselves and to others
- ▶ Accept what has happened has happened and show yourself compassion
  - ▶ Take responsibility for your actions
- ▶ Accept that no person is perfect and we all make mistakes
  - ▶ Forgiveness is accorded as long as we learn from the mistake and try not to repeat it
- ▶ Make amends with yourself
  - ▶ Develop a means to avoid a similar situation in the future



# Help me help others



- ▶ Please consider pausing the video and making a donation
- ▶ I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- ▶ I have spent thousands of hours studying mindfulness and preparing all of this content
- ▶ I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
  - ▶ Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- ▶ To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



# Your Mission

## ➤ *Practice Acceptance Without Judgement*

- **Make a list of 3-5 things that really bother you. For example, I used to be very bothered by my road rage, people's uninformed political views, and inconsiderate people - the last two are still a challenge for me, but I am better than I used to be. Why do these things bother you? Go deep here. What approaches will you take to accept these without judgement? Record these in your Officer's Log.**