



Expectation as the Seed of Suffering

When we grip a mental picture of how life should unfold, anything outside that script creates psychic pain.

Truth and Acceptance as Medicine

When we breathe in and practice the radical acceptance of what is, even if it causes pain, we open the door to release rather than resist.

Movement as Healing

Peace isn't passive resignation; it's the active courage to keep moving forward without holding what cannot be changed.

Reflection Prompts:

1. Where in my life am I holding on to an expectation that is causing pain?

2. What truth feels hardest to accept right now?

3. How might I practice moving forward with courage, even if the situation doesn't change?

Homework Practice

Complete this exercise whenever you notice yourself stuck in expectation or disappointment:

1. This is what I wanted to have happen: (Write out your original expectation.)

This is what really happened:

(Acknowledge the truth of the situation as it unfolded.)

2. This is the action I can take now:

(Name one step — big or small — that honors truth and moves you forward.)
