

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

☞ Where in my life am I holding onto an expectation that is causing pain?

☞ What truth feels hardest to accept right now?

☞ 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:

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.)

This is the action I can take now:

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