

Week 4 Practice

As we approach the end of this first month of listening, it is quite possible you are frustrated. You might have a little voice in your head chirping up, asking how breathing and rest are going to make you better, asking how not doing *anything* is going to accomplish *something*. You might even be feeling a little panicked. “How,” you might be wondering, “am I going to change without changing anything at all?” If so, it’s quite possible your efforts to change are a subtle form of self-rejection.

This week, take an inventory of the ways you engage in self-help. What is the experience of yourself or your life that you are trying to get help with? In what ways are you trying to escape it through self-improvement? How, instead, could you embrace it?

For one week, discontinue all other forms of self-improvement—all books, blogs, seminars, webinars, programs, courses. Don’t minimize or ignore your struggles during this time. Embrace them. Instead of engaging in self-improvement, engage in self-*acceptance*. Choose one word or phrase that helps you do so. For me, that word is “Loveable.” What is your word? When you start to feel the urge to improve, say your word, until you discover a potent secret:

Self-acceptance is the foundation of all self-improvement.