



## REFLECTION By Tara Brach, PhD, from *The Tao of Now*, page 152

July 15, 2020

The way out of our cage begins with accepting absolutely everything about ourselves and our lives, by embracing with wakefulness and care our moment-to-moment experience. By accepting absolutely everything, what I mean is that we are aware of what is happening within our body and mind in any given moment, without trying to control or judge or pull away. I do not mean that we are putting up with harmful behaviour – our own or another's. This is an inner process of accepting our actual present-moment experience. It means feeling sorrow or pain without resisting. It means feeling desire or dislike for someone or something without judging ourselves for the feeling of being driven to act on it. Clearly recognizing what is happening inside us, and regarding what we see with an open, kind and loving heart, is what I call Radical Acceptance. If we are holding back from any part of our experience, if our heart shuts out any part of who we are and what we feel, we are fueling the fears and feelings of separation that sustain the trance of unworthiness. Radical Acceptance directly dismantles the very foundations of this trance.



## CLOSING PRAYER

July 15, 2020

Creator God, shine on us the light of your guidance. Illuminate the path where we are standing and help us to live in radical acceptance of each moment.

## BLESSING

*Rev. Ant Howe*

May we take with us some of the joy of this gathering.  
May we go forward with hope.  
May we live rightly, in peace with one another.  
And may we know the blessing of God until we gather here again.  
Amen.



## PRAYER INTERCESSIONS

July 15, 2020

1. Create in us radical acceptance of ourselves and others.
2. Teach us to fully embrace each moment.
3. Help us to keep our hearts open to others.
4. Keep us in the holy light of every moment.



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