

TURNING THE MIND

Turning the mind is a choice. It's choosing to accept. Acceptance often only lasts a moment or two, so people have to continue to turn the mind towards the decision to accept over and over. The more difficult or painful the event, the longer it may take to fully accept it. Turning the mind will be a key component to staying on the road to acceptance and minimizing suffering.



STEP BY STEP GUIDE TO TURNING THE MIND

- Observe your body, posture, tone, facial express, thoughts: are you in rejection or acceptance.
- Ask yourself if there is benefit to work on acceptance.
- Make a commitment to yourself to practice – all the way.
- Continue to “turn the mind” over and over by repeating your action, words, choice, posture, tone, facial expression.
- Notice traps towards rejection.
- Develop a plan to catch yourself ahead of time.
- Remember acceptance does not equal agreement.

IDEAS FOR PRACTICE

- List pros and cons for practicing acceptance
- Listen for words of rejection “shouldn’t, can’t, refuse”
- Imagine all the things you would say or do if you were willing to accept
- Change your body posture to willing hands or half smile
- Describe the facts, avoid statements about “right or wrong.”