



## *Lesson 2: Staying Sane in an Insane World*

### Journaling Prompts

- What is something troubling in your life that feels like it is out of your control?
- What might be a more objective and generous way to view the situation?
- What are different ways you could handle the person or situation if it repeats?
- How might that make you feel?

### Practice: Accepting What Is

As you go through your day, actively look for things you can accept. It might be something you encounter in the outside world, like someone with a different opinion from yours or something scary going on, or a feeling you have or something you don't love about yourself. If you can't get there with something you view as negative, pick something positive to accept, like "I accept that it is sunny today" or "I accept the part of me that loves hot showers." The goal is to explore what it feels like to accept.

See if you can feel an easing, opening, and calming as a result. If you feel tense or your monkey mind jumps in, can you accept that too? Can you love and accept the part of you that might struggle or resist?

When you are done, take a deep breath, sigh it out, and give yourself a big hug for opening up to acceptance.

### Mantras:

I am like a river, flowing and free.

I unconditionally love and accept myself.

Everything is happening for me.