

Untitled Document

Girlfriend, do you know the difference between 'clean' pain and 'dirty' pain?

According to psychologists who advocate acceptance and commitment therapy, 'clean' pain is what

Life coach Martha Beck writes that these two kinds of suffering occupy different sections of the brain

Author Madisyn Taylor agrees that it is the way we look at our experiences that causes the turmoil

Only then can we release ourselves from the grip we had on our emotions and stop limiting ourselves

In her book, 'The Fear Cure', Lissa Rankin says that when you master the art of surrender, you can

Only then can you face the reality of a situation without labelling it as either good or bad.

Eckhart Tolle writes that you have to acknowledge the Isness of the situation without judgment or

Few of us have grown up learning how to accept and detach, but the thing you have to remember,

Eckhart says if you cannot accept what is outside, then accept what is inside. This means that you

According to Martha Beck, learning to detach simply starts with noticing your own judgmental thou

If you find yourself in a state of non-surrender, just allow it to be, says Eckhart. Don't fight it. If you

Eckhart says that the pain that you create now is always some form of non-acceptance, some form

According to Eckhart all negativity is caused by denial of the present. "Unease, anxiety, tension, st

The solution is to withdraw time from the situation. Don't give it any past or future. Let it force you i

So, where are you now, girlfriend? Whatever situation you're in, it is as it is. Accept that. Breathe in

Full acceptance is nothing more than full attention. And you, girlfriend, are awareness camouflaged