

# Daily Mind Matters

## Acceptance

Use the following Daily Routine if you are feeling rejection or you know of a situation that will cause you to feel rejection in the future. It is recommended that you follow this routine for at least 7-days. The longer you do it, the more lasting will be its effect.

### Routine

- AM - Morning Meditation for a maximum of 15 minutes.
- Midday - Midday Affirmation for approximately 1 minute.
- Evening - Evening Review for a maximum of 5 minutes.

### On Waking

Make your cup of tea or follow your immediate routine.

## Daily Meditation - Acceptance

*(Maximum duration 15 minutes)*

### Meditation - Acceptance

*Find a place where you will be undisturbed for 5-15 minutes.*

#### Stage 1

Focus on gentle breathing:

- Inhale through the nose.
- Exhale through the mouth.

Use the breath to help you relax.

#### Stage 2

Maintaining a gentle breath, silently say:

- *“I breathe in and create a vision of loving and accepting myself and others.”*
- *“I breathe out and release all my thoughts and feelings of rejection.”*

Repeat for a *minimum count* of 5 inhalations & 5 exhalations.

#### Stage 3

Normal breathing for a few moments and then silently repeat this meditation phrase:

- *“I love and accept myself and I choose to accept others with love and kindness.”*

Repeat the saying for as long as you feel comfortable.

#### Stage 4

Visualise yourself above where you are sitting or lying down.

See the situation that is causing you to feel rejection as a tiny speck on the horizon:

- Silently say: *“This situation is not real, it no longer affects me.”*

Repeat the saying for as long as you feel comfortable.

#### Stage 5

In preparation for ending the meditation:

- Deepen your breathing as you become aware of your surroundings.
- Feel acceptance flooding through your body.
- Smile as you open your eyes and end the meditation.

### Midday Affirmation

*Find a place where you will be undisturbed for 1 minute.*

Silently repeat this meditation phrase:

- *“Every breath I inhale acceptance for myself and others.”*
- *“Every breath I exhale releases all my feelings and thoughts of rejection.”*

Repeat 3 times.

### Evening Review

*Find a place where you will be undisturbed for 5 minutes.*

Reflect back on your day and identify any moments of rejection.

Do not try and push the thoughts away, just accept what has happened.

Quickly review the day highlighting any moments of rejection.

And then silently affirm:

- *“I no longer accept these thoughts of rejection as being real.*
- *They are not a part of me.*
- *I let them go.*
- *I am accepting of myself and others.*
- *I ‘will’ myself to be accepting of myself and others in everything I do.”*

*Liz McLaughley*

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