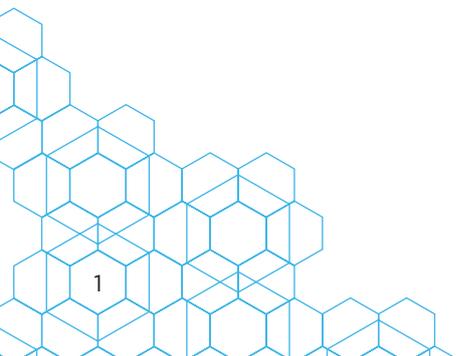


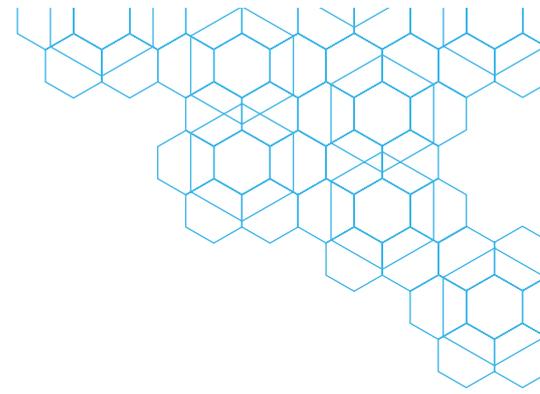
WHOLE BODY ACCEPTANCE PRACTICE INSTRUCTIONS

The purpose of this process is to restore a loving and accepting relationship with your body. This is a foundational practice for self-acceptance.

NOTES BEFORE STARTING:

- Attitude is important keep open & curious. No effort or trying!
- Trust the process.
- When stories come up that are attempting to distract you or rush the process, smile and reconnect with the process.
- If you are feeling anxious about this process, center yourself by counting down from 5 to 1, whilst focusing into and softening the lower part of your abdomen. This should help.
- Alternatively, notice where the anxiety is in your body, smile and say to it, silently "I SEE YOU. I ACCEPT YOU," and then proceed with the process.
- Give yourself at least 20 minutes, preferably 30 minutes.





| LEVEL ONE

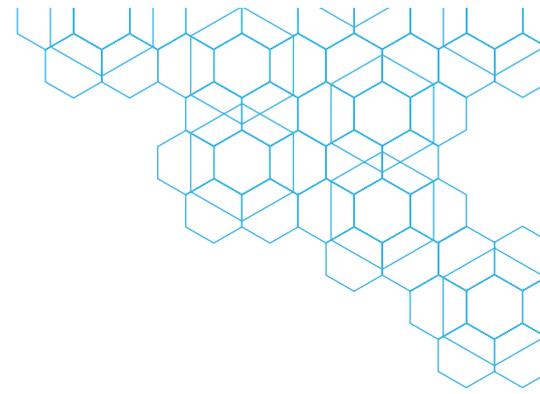
With your clothes on: look at your eyes in the mirror, breathe deeply and then close your eyes, noticing if any tension, heaviness or contraction is showing up in your body? If not (and you feel relaxed and expanded) go to level two.

If tension is showing up, follow the RELEASING instructions below:

- Locate where the tension/contraction/heaviness is in your body.
- Welcome it. Say to it, silently, "I see you. I accept you."
- Get a sense of where the stuck energy wants to leave your body (really trust that sense). It tells you. Which direction does it want to go?
- Allow the energy to start moving. You don't make it move, it moves by itself. You are simply allowing it and watching it.
- If it gets stuck gently massage it, or if you can't reach it, imagine massaging it.
- Where does the energy want to exit the body? Allow it to flow out completely. Typical exit points are the mouth, eyes, ears, nose, top of the head, hands and feet, but it can be anywhere.
- Remember no effort, trying or rushing!
- Once the tension/trapped energy has left the body, open your eyes, and with softness in your eyes look at your eyes in the mirror, smile and breathe deeply.
- Check back in with your body, where (if anywhere) does the tension show up now? If you are feeling in anyway tense, tight or less than light and expansive, repeat the Releasing process.
- If you feel light and expansive move to level two.

| LEVEL TWO

- Look at yourself in the mirror. Clothes still on.
- Whilst looking at your eyes say, "I LOVE YOU." Keep looking in your eyes and breathe deeply. Notice any tension that comes up and Release it just as before, until you feel light, expanded.
- Now, look at your eyes in the mirror and say, "I LOVE YOU. I ACCEPT YOU." Any blockage or resistance? If so repeat Releasing. You can do this with eyes open or closed. Most people find it easier with their eyes closed.
- Repeat this process until you feel expansive loving energy and aliveness radiate through your body.
- You are now ready to proceed to level three if you wish. Or you might choose to simply enjoy this level of body acceptance. The choice is yours.



LEVEL THREE

- Take your clothes off and look at yourself in the mirror.
- Look at your body, whilst saying to it, "I LOVE YOU. I ACCEPT YOU."
- Notice where the tension arises in your body and as before follow the Releasing instructions.
- Repeat this process, gently and without rushing until you feel expansive loving energy and aliveness radiate through your body, whilst looking at your body and saying, "I LOVE YOU. I ACCEPT YOU."
- Once you get to this stage, congratulations you are experiencing freedom, the ability to feel into your natural loving aware state of Presence.
- Allow yourself to rest in the experience of this with your clothes on or off.
- Allow yourself to enjoy and welcome whatever arises.
- Allow yourself to look in a mirror with an open heart, from love.

A NOTE ON THE INNER CRITIC

To deepen and integrate further this practice anytime residual self-criticism arises, practicing Welcoming. In the moment of noticing the inner critic arising, smile and say to it silently "I SEE YOU. I ACCEPT YOU." Notice how that helps you to shift into a more aware state of Presence. Then proceed from there. Every time the inner critic comes up repeat. When you are consistent and welcoming in your response, the power and authority that was originally invested in that part of your ego, returns to you, aware Presence.