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**Stop for a moment**

**Take a deep breath**

**Relax**

**Let go of the struggle**

**Open your heart with  
acceptance and kindness**

*“I truly cannot accept this.  
I’m agitated and angry about this.”*

**“Then accept what is.”**

*“Accept that I’m agitated and angry?  
Accept that I cannot accept?”*

**“Yes. Bring acceptance into your  
non-acceptance. Then, see what happens.”**

**Eckhart Tolle**