

Acceptance and Allowance Meditation

Objective

To increase your ability to accept and allow difficult situations and challenges using the Acceptance and Allowance Meditation technique.

What to Know

This 6-minute audio will help you feel compassionate toward yourself.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are having a difficult time accepting and allowing situations or circumstances.

Use the following chart to record your daily practice. Make several copies of this chart and keep a record of the time you spend practicing this technique until it becomes a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily practice.

Day	Time of Day	Minutes	Mood Before	Mood After
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Meditation Script

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Find a comfortable seated position, with your spine straight and your hands resting gently in your lap. Allow your eyes to close and take a deep breath in, filling your lungs completely. Hold for a moment, and then exhale slowly, letting go of any tension in your body.

As you continue to breathe deeply, begin to focus your attention on the present moment. Allow your thoughts to drift away and bring your awareness to the sensations in your body. Notice the rise and fall of your chest as you breathe, the feeling of the air moving in and out of your nose.

As you become more present, begin to think about the concept of acceptance. What does it mean to accept something, or someone, fully and completely? Can you think of a time when you struggled to accept something, and how that impacted you?

As you reflect on acceptance, remember that it does not mean that you have to like everything that happens. It simply means that you acknowledge and allow what is, without resistance or judgment. This can be challenging at times, but it can also be incredibly freeing.

Now, turn your attention to the concept of allowance. What does it mean to allow something to be? How does it feel to release the need to control or change things? Allowance means trusting that everything is unfolding exactly as it should, even if it doesn't always feel that way.

As you continue to breathe deeply, bring to mind a situation or relationship in your life that you are struggling to accept or allow. Maybe it's a challenging work situation, a difficult relationship with a family member, or a health issue.

Visualize this situation or relationship in your mind's eye. Allow yourself to feel any emotions that come up, without trying to change them. Notice any physical sensations in your body, without judging them.

Now, repeat to yourself the following affirmation: "I accept and allow this situation to be as it is." Repeat this affirmation several times, allowing the words to sink in and resonate within you.

As you repeat this affirmation, imagine yourself surrounded by a warm, golden light. This light represents the energy of acceptance and allowance. Feel it spreading through your body, filling you with a sense of peace and calm.

Take a few more deep breaths, and when you are ready, slowly open your eyes. Take a moment to notice how you feel, both physically and emotionally. Remember that acceptance and allowance are ongoing practices, and that it takes time and patience to fully embody them.

Carry the energy of acceptance and allowance with you as you go about your day. Notice how it impacts your interactions with others and your own sense of well-being. Remember that you always have the power to choose acceptance and allowance, and that this choice can lead to greater peace, joy, and fulfillment in your life.