



“Radical Acceptance is the willingness to experience ourselves and our lives as it is.”
– Tara Brach, [Radical Acceptance: Embracing Your Life With the Heart of a Buddha](#)

How do our lives shift and change if we accept ourselves just as we are?

Please join us in this exploration. We are starting a Spiritual Friends group in Lincoln City, to deepen our ability to radically accept ourselves and others through meditation, discussion and connection.

Date: Every other Tuesday, starting Jan 17, 2017
Time: 6:30-8 pm
Location: Cutler City neighborhood, in Lincoln City

Because this is a group of like-minded peers, we will use the first meeting or two to learn more about what people want from the group, and adjust the format to meet the need. As a starting place, we will:

- Gather together
- Get grounded through meditation
- Connect with a short check in
- Discuss our reading - [Radical Acceptance](#) - Tara Brach
- Close our time together

This group is open to all with an interest in meditation, who want to deepen their practice with friends. You do not have to have meditation experience to join us.

If you are interested in joining us, please contact us:

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