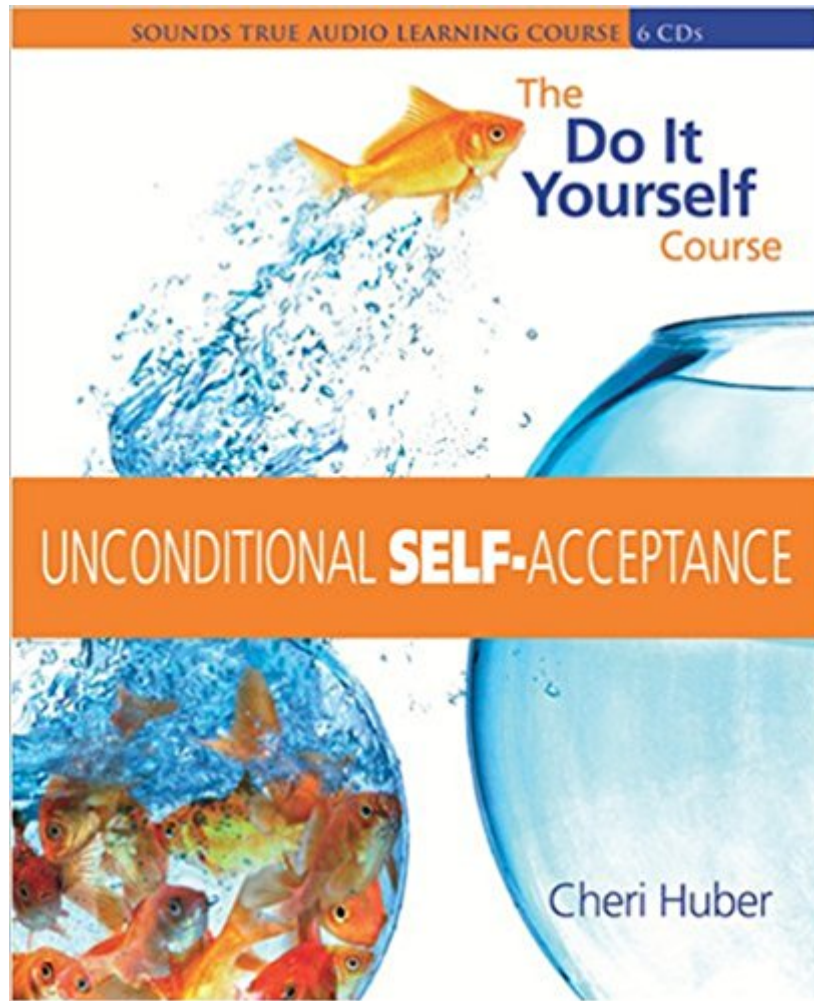




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# Unconditional Self Acceptance



## Synopsis

**WARNING:** THIS COURSE will teach you nothing you don't already know, it asks for all the enthusiasm and attention you can muster, and it's 100 percent guaranteed NOT to improve you at all! So, why have thousands of participants at Cheri Huber's acclaimed retreats returned to their lives with such gratitude and joy? At the heart of so many of our "self-improvement" hopes lies the illusion of self-control, she teaches. Unconditional self-acceptance is very much the opposite: it is revealed in the boundless delight we felt as children before we were "trained" to feel different. It's a natural way of being that, yes, you can absolutely rediscover. That's where Unconditional Self-Acceptance will guide you. Cheri Huber's own path began with a long journey into her emotional storms, through the paths of Zen and other traditions, and finally, into the insights gained from self-inquiry and those of her fellow seekers and students. What evolved was a "do-it-yourself" audio workshop that features an engaging, time-tested sequence of powerful questions and practices for breaking out of old patterns that stop us from perceiving, feeling, and acting with true freedom and fullness. "If selfimprovement actually worked," asks Cheri Huber, "wouldn't it have by now?" With Unconditional Self-Acceptance, you'll be challenged to let go of that burden-one moment, one thought, one observation at a time-as you find your way back to your original nature, a state of unsurpassed spontaneity, creativity, and self-acceptance.

## Book Information

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## Customer Reviews

On Unconditional Self-Acceptance, Cheri Huber offers us an effective process to release the blocked energies and conditional messages that keep us from attaining our personal and

professional goals. In this full-length audio retreat, listeners will learn more about: How to be your own mentor - "The Five Steps of Acceptance": transforming difficult emotions into sources of strength How to develop reflective listening skills for interacting with others Ten guided imagery sessions, including a simple practice that can be used in any situation when overwhelmed by strong feelings, and more.

Cheri Huber has been a student and teacher of Zen for 30 years. She is the author of 17 books including *There Is Nothing Wrong with You*, *The Fear Book*, *The Depression Book*, *When You're Falling, Dive*, and the popular workbook *How You Do Anything Is How You Do Everything*. She founded the Mountain View Zen Center in Mountain View, California, and the Zen Monastery Practice Center in Murphys, California, and teaches in both communities. Cheri conducts workshops and retreats around the United States and abroad.

All of Ms Huber's books are wonderful. I got this because it guides you through some really tough issues with love and compassion. Great item!

I used this 6 cd set by Cheri Huber about 3 weeks ago. I could easily call this the most effective book/cd method I've ever used, no matter how often they proclaim otherwise. And if you looked thru my 4 bookshelves and innumerable boxes of books I've given away, you'd see that I'm no stranger to "improve me" land. This set captures the essence that striving to improve is a lost cause. Cheri points directly to the fact that if you cannot see what's in front of your face, then paying attention to finding a better job or wife or dog or trying to think happy thoughts all the time will only lead to a continuation of looking everywhere but to your own mind. She guides you thru at least 6 meditations that get you in touch with that moment. Although that doesn't seem exciting, she asks you to get in touch with moments and watch how your body reacts when she mentions feelings- how do you feel when someone says "joy"? "sadness"? "loneliness"? She asks you to watch your physical and then emotional reactions, and then think back to a time when you felt that. Try and see if you can go back to the first time- the time you learned how to react in this pattern. She goes right up to the line of using the analogy of "inner child" and "inner guide/ adult" but is very clear that these aren't a permanent fixture either. By the time I got to the fifth cd, I was starting to have my doubts as to where all this seemingly unrelated messy inner exploration was going, but in the sixth cd she pulls it all together fabulously. I really got a deeper understanding of a situation that only served to make me anxious over and over again to the point where I couldn't see a way to form another response to it. I

used this situation in my meditations and when I was done, I wrote pages and pages of insights about it AND the next time it happened, I could see CLEARLY what I was ACTUALLY reacting to and choose another option. Having insight into my nature simply from watching and observing my own mind- no one else's words to read or decipher, no 12 step program to happiness to follow. Just what comes from my own mind. Note the ironic twist that by striving to purchase this set it will only lead to you ending the long circle of desire. So spring for it. Consider it the last self help/ self improvement/ meditation/ guided imagery set you'll ever purchase.

"Life is as good as the relationship with yourself." ~Cheri Huber

Cheri Huber's soft warm voice leads you through a number of visualizations which are enlightening in their ability to uncover the real issues hiding beneath memory and past conflicts. I'm not completely sure this will leave you unchanged because I think it will leave you refreshed and more aware of what you have been harboring inside you all these years. Issues surfaced from the depths of my memory and suddenly I figured out many of the issues I had yet to address that may have been holding me back from fully coming to terms with my own view of myself. Some of the highlights of the program include: Guided imagery to explore your emotions, Your childhood conditioning, The socialization process, Conditioned beliefs, Conscious compassionate awareness, Awareness Practice, Present moment awareness, Guided Meditation, Reflective listening, Discovering your mentor, Identifying patterns of behavior. As you can see, this CD set covers a wide variety of topics essential to becoming more aware of who you are at the heart of your being. As you learn to identify areas of your own personality, you want to accept some items more fully. You may also decide to let some things go as you forgive, understand or see past occurrences with a new sense of awareness. What lies do you tell yourself? How can you quiet the critic, victim and tyrant inside you? Can you get addicted to negative emotions? Do some people prefer to be angry or sad? Do you want to regain that boundless delight you felt as a child? Do you feel stressed out and need a relaxing retreat? Cheri Huber offers over six hours of care and comfort for your soul. You can relax into the CD set for an entire day, two days or even absorb the teachings over a week. Unconditional Self-Acceptance is like a Zen retreat for your soul. You will leave this retreat refreshed, renewed and ready to embrace your life and accept who you are in a new and enlightened way. ~The Rebecca Review

I am definitely a fan of Cheri Huber's approach to working with people and her emphasis on simplicity and practicality. She also has faith in the goodness of people and helps them to bring this forward in a loving manner. In this series, she invites the listener on an experiential journey into their

own mind and heart. Through various guided meditations, exercises and reflections she helps the listener to get in touch with their deepest self and get a better understanding of their conditioned responses while learning self compassion. Krishnamurti once said, "Seeing the truth deeply is what liberates, not your struggle to be free." Cheri Huber would most likely agree with this, but would add that in order to see deeply one must also have the self compassion to bear that vision. This is what this course teaches along with the cognitive skills to deal with dysfunctional beliefs and behaviors. I have met Cheri Huber in person and saw her speak. She is an inspirational, sincere and innovative guide for those who are looking to help themselves. As a coach, I often recommend her books including this series to my clients.

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