

# 15 BENEFITS OF COLLAPSE ACCEPTANCE - Karen Perry

- 1) **FREEDOM** - the move away from shoulds to the open doors of coulds
- 2) **URGENCY** - “no time like the present” has never meant more
- 3) **PARAMETERS** - playing the game with a different framework and lens
- 4) **PRESENCE** - focus on today with heightened awareness of being here now
- 5) **GRATITUDE** - impossible to ignore all we’ve been given (and taken)
- 6) **CALM GROUNDING** - not disrupted by catastrophic information
- 7) **COMMUNITY LOCALISM** - ability to affect those in close proximity
- 8) **SUPER HERO RELEASE** - good riddance to pressure, guilt, and the purity test
- 9) **UNIVERSALISM** - heightened connection to the Oneness of everything
- 10) **EMPATHY** - towards self and all others (human and non)
- 11) **PRIVILEGE PERSPECTIVE** - ability to view it and use it in a radical way
- 12) **AMENDS** - finding forgiving completeness in all relationships, including self
- 13) **DEATH COMFORT** - forces the conversation and preparation
- 14) **LETTING GO** - of control, worry, fear, blame, shame, legacy, expectations
- 15) **ENJOYMENT** - global hospice time to have fun with the bucket list

# What are Benefits of Collapse Acceptance?



- Seeds, unique in how they manifest and grow
- Not a recipe to follow
  - Doors that can open (when others inevitably shut)
- Tools to help stabilize and balance on a sinking ship
  - Available to anyone
- Can be passively received, but also require targeted work to maximize

A photograph of several purple crocuses blooming from a patch of snow. The flowers are in various stages of bloom, with some fully open and others as buds. The background is a soft-focus snow-covered landscape with more crocuses. The text is overlaid on the upper portion of the image.


# #4 Benefit of Collapse Acceptance: PRESENCE

Focus on today with heightened awareness of being here now  
*Acceptance is the meditation. Be-ing more important than do-ing.*

Be

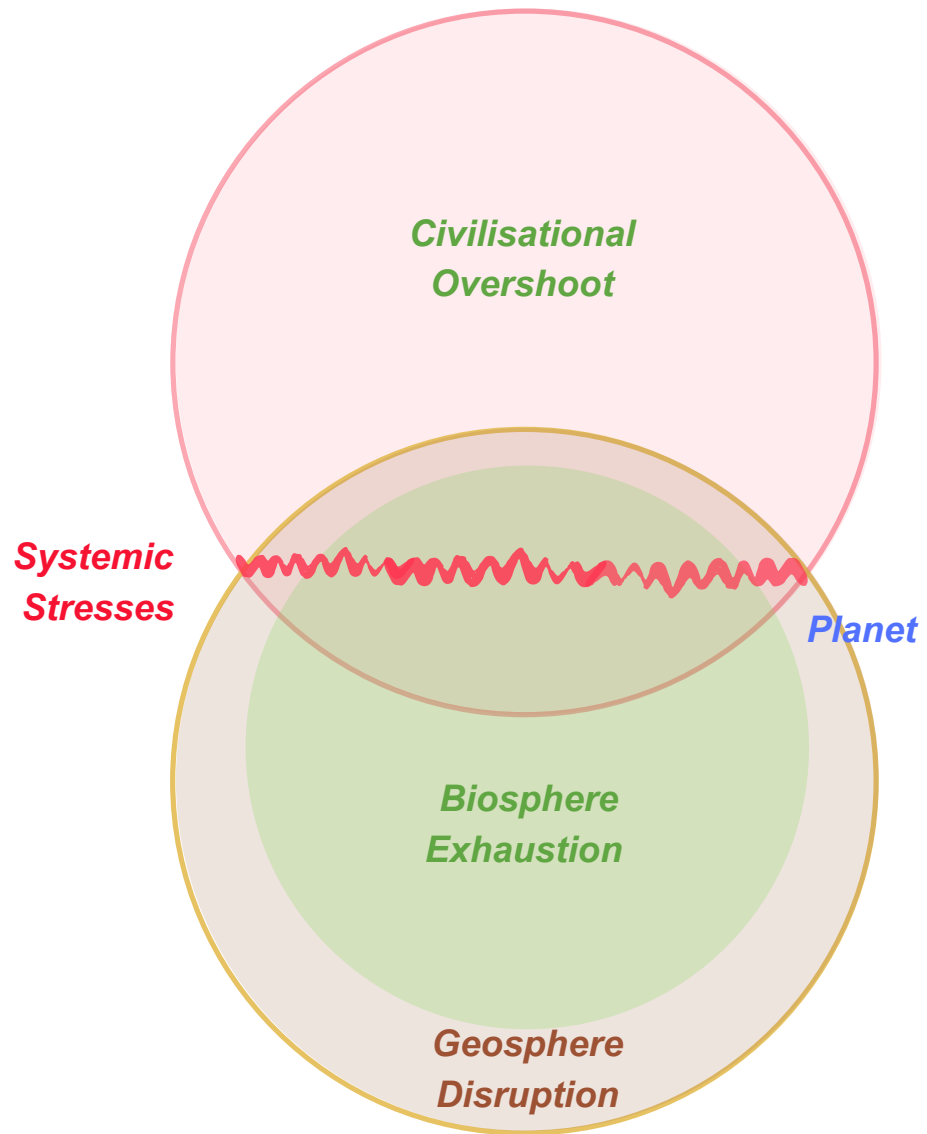
Here

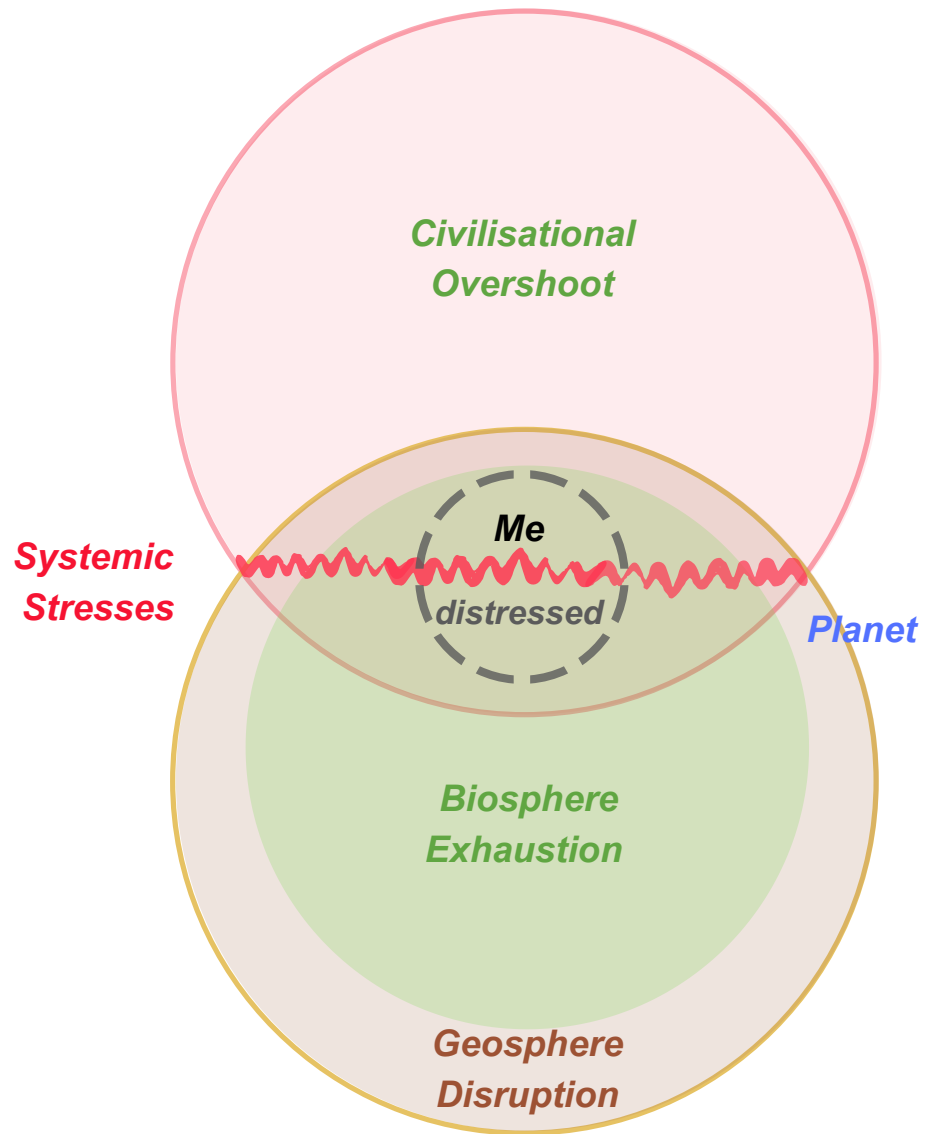
**NOW**

A serene landscape featuring a calm body of water in the foreground. On the left, a small wooden boat with a single mast is anchored. To the right, a long wooden dock extends into the water. The background is dominated by a lush, green forested hillside. The overall atmosphere is peaceful and natural.

***Creating 'islands of coherence' through  
mindfulness and metabolisation***

***Matthew Painton & Kat Soares***  
***[www.deepadaptationcoaching.com](http://www.deepadaptationcoaching.com)***

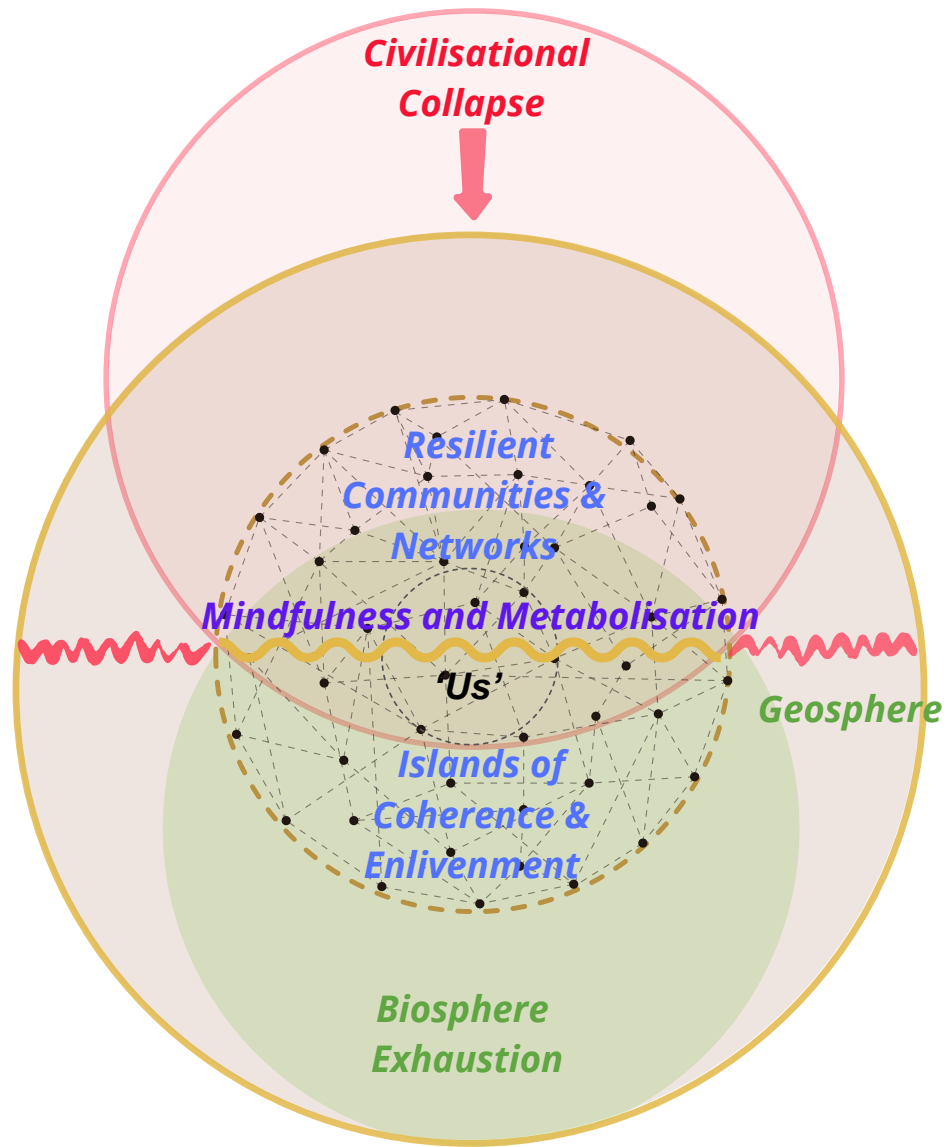




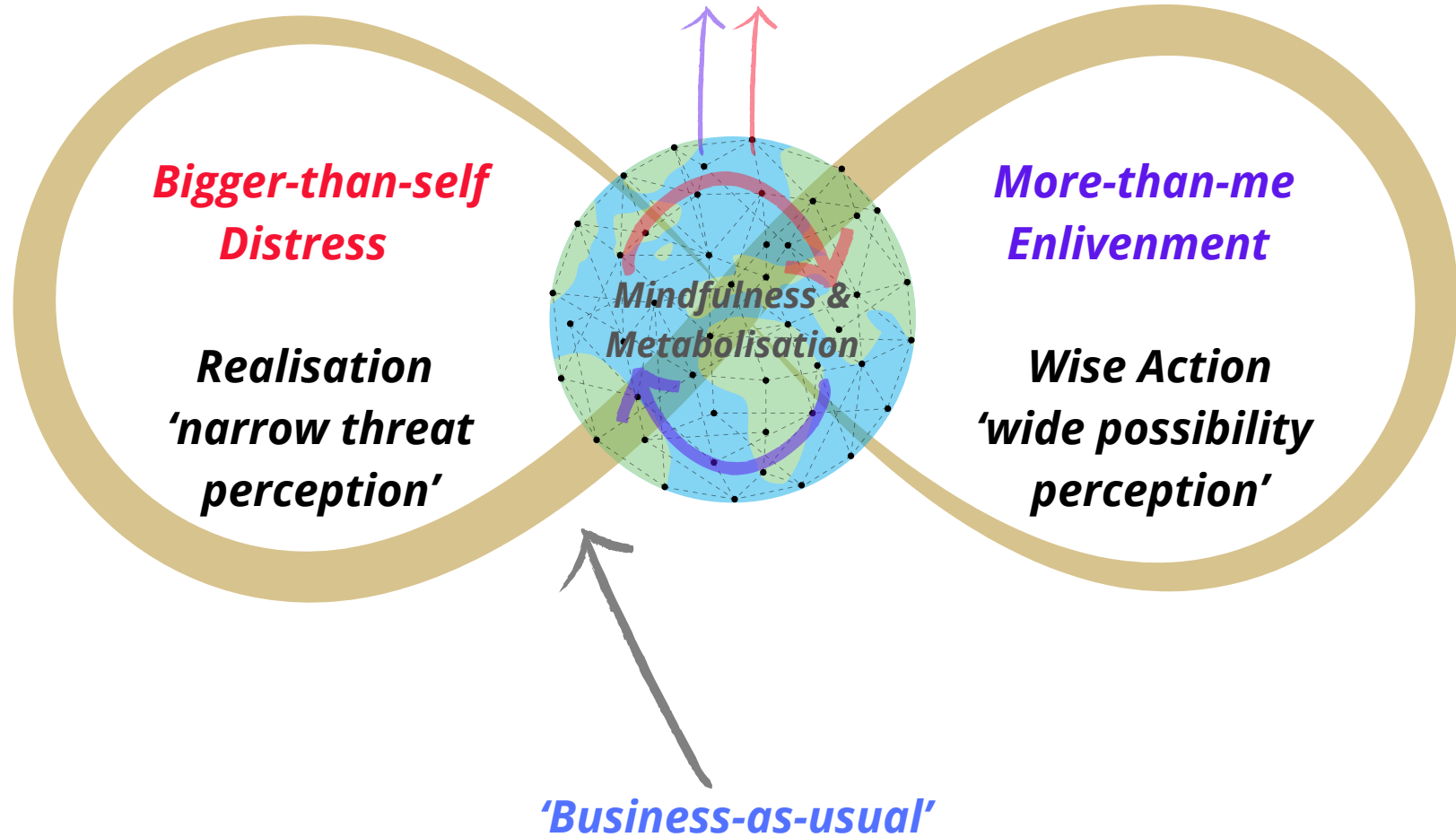
An abstract painting featuring a complex, swirling composition of colors. The palette includes deep blues, vibrant yellows, fiery oranges, and earthy browns, all set against a dark, almost black background. The brushstrokes are thick and expressive, creating a sense of movement and depth. Several circular and oval shapes are scattered throughout, some appearing as bright, glowing orbs and others as dark, shadowed voids. The overall effect is one of intense, chaotic energy, reminiscent of a storm or a turbulent emotional state.

***Perpetual Somatic, Psychological and Eco-social stress  
narrows and fragments perception and undermines health***





# Islands of Coherence



## ***Two Basic Embodiment Practices for Regulating Acute Threat Arousal- (that can be practised anytime)***

### ***1. Grounding in Crisis***

***When we are activated by existential fear, we need a way to signal safety to the body, even when the world is unsafe. When you feel overwhelmed, try this simple grounding practice.***

***Practice:***

***Look around you and name three things you can see.***

***Notice and name two things you can physically feel—the weight of your body in the chair, the temperature of the air.***

***Listen and name one thing you can hear.***

***Take a slow, deep breath in and exhale completely.***

***Why it matters: This practice disrupts the fear spiral, reconnects us to sensory reality, and signals to the nervous system that right now, in this moment, we are safe enough to respond rather than react.***

## ***2. Centering the Body in Awareness - Embodied Stability Practice***

***Often, when distress takes over, we either contract (panic, shut down) or escape (distract, numb out). Instead, we can learn to inhabit our body more fully, finding stability even when the world feels unstable.***

***Practice:***

***Close your eyes or soften your gaze.***

***Feel your feet planted on the ground, your spine lengthening, the breath moving in and out.***

***Now, place one hand on your lower belly and one on your chest.***

***With each inhale, feel your belly expand slightly—letting your breath drop lower into your body.***

***With each exhale, feel your body settling, releasing (at least some of) the tension.***

***Let your awareness spread through your whole body—feeling yourself fully here, fully present.***

***Why it matters: This practice anchors awareness in the body, helping us feel stable even in instability, reconnecting us with the full range of our experience beyond threat perception.***

Self confidence

High

## Unconscious Incompetence

- “Blissful Ignorance”
- You don’t know what you don’t know!

## Unconscious Competence

- Skills intuitive
- Smoother
- Calmly confidence
- Make it look easy

## Conscious Incompetence

- High self awareness
- Realise all your mistakes
- Feel anxious and uncomfortable

## Conscious Competence

- Know what to do
- Slightly less self aware
- Less anxious

Low

# #5 Benefit of Collapse Acceptance: GRATITUDE



Impossible to ignore all we've been given  
(and taken)

*Make the list: hot showers, full grocery stores, internet, trash pickup, on demand everything, wildlife still among us...*

## THANKFUL

vs

## GRATEFUL

pleased about something that occurred

feeling and expression of gratitude

passive

active

dependent, surface level, short-lived

independent, deep, long-term

a response

a choice

polite, cultural correctness

appreciation, awareness of blessings

an aspect of life

a way of life, attitude

THANKFUL

VS

GRATEFUL



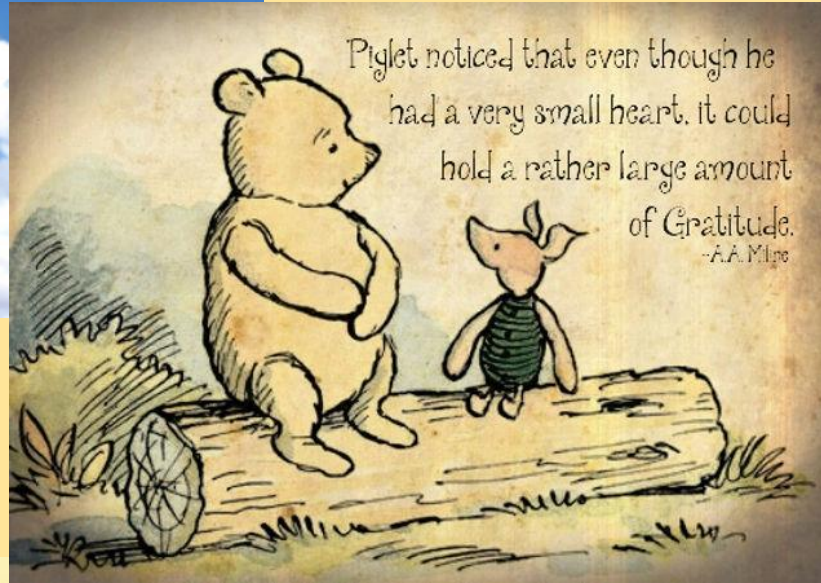
an aspect of life

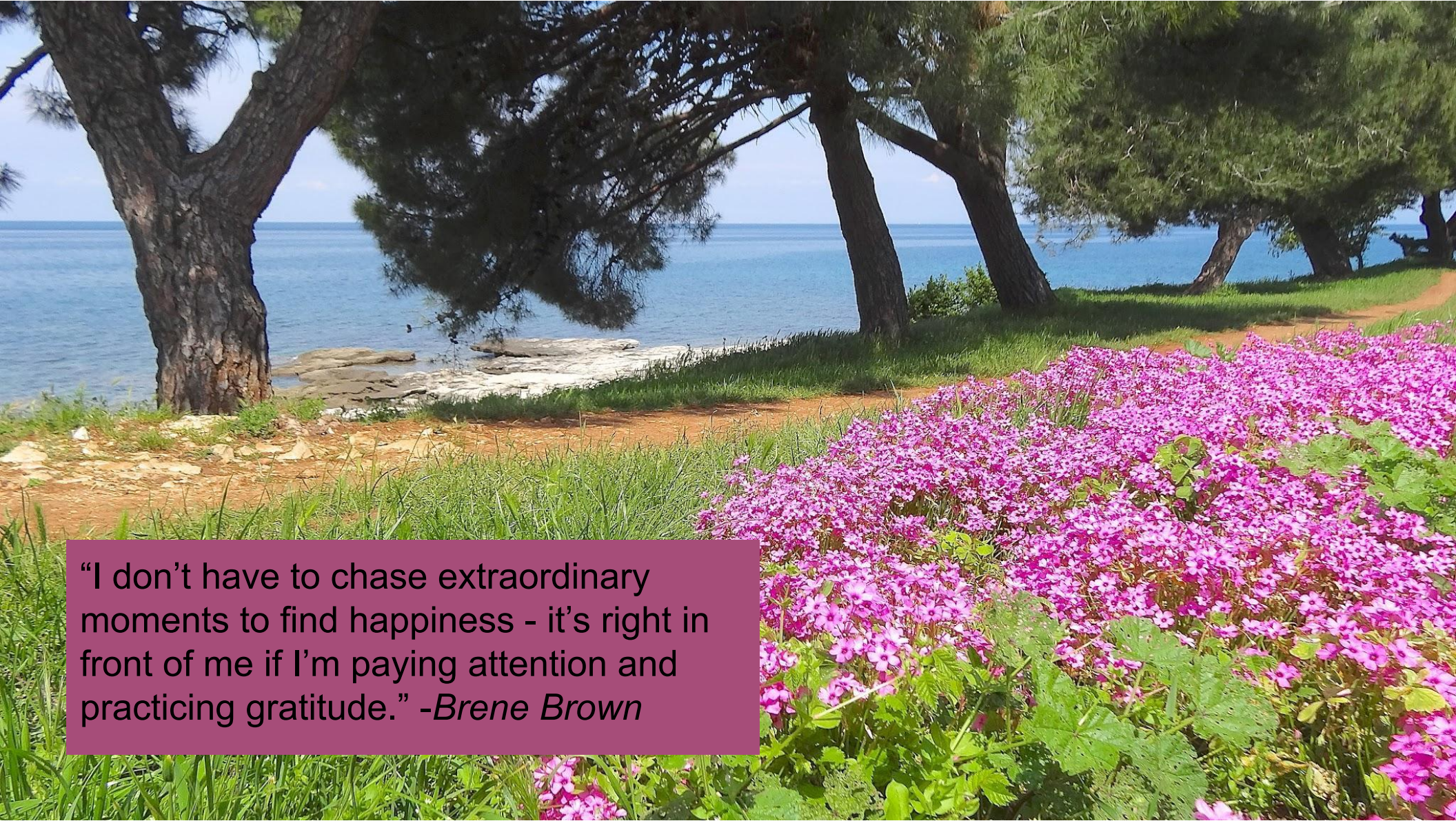


a way of life, attitude

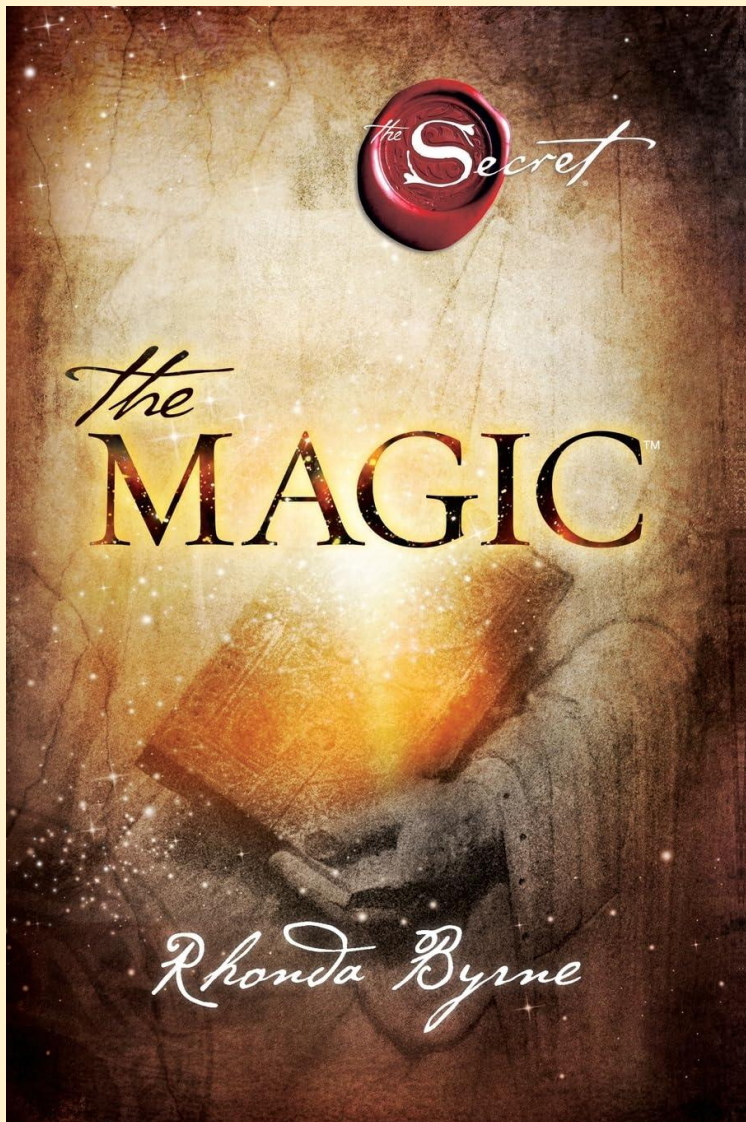


ATTITUDE  
OF  
GRATITUDE

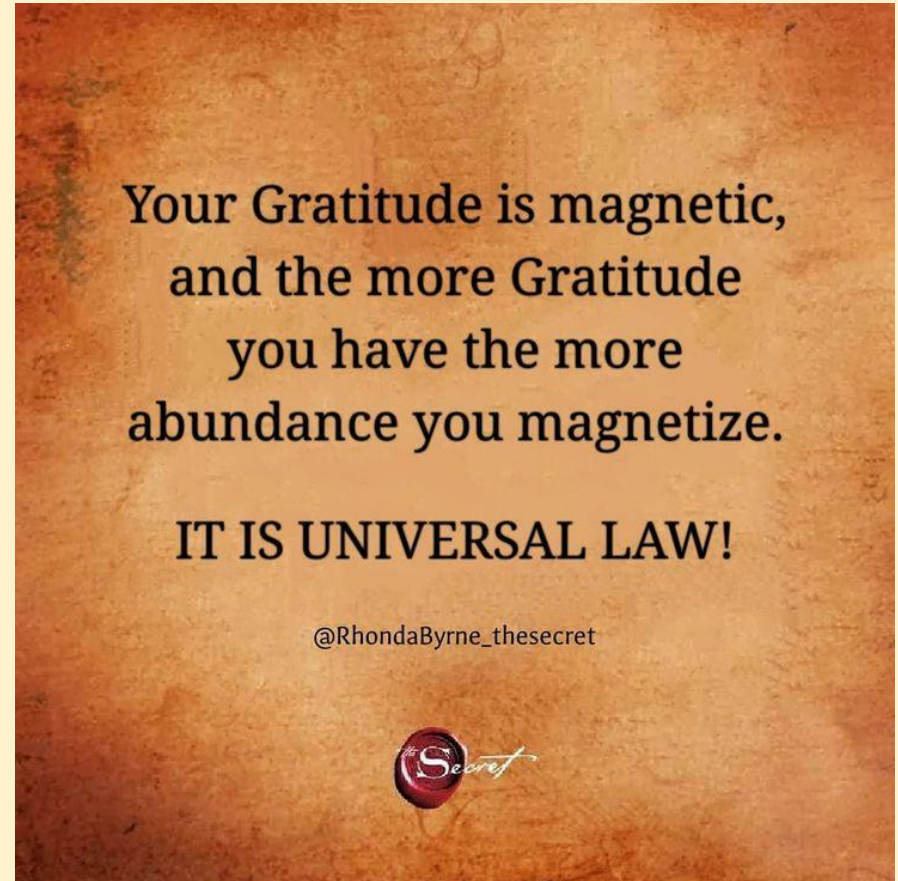




“I don’t have to chase extraordinary moments to find happiness - it’s right in front of me if I’m paying attention and practicing gratitude.” -*Brene Brown*



28 day gratitude practice  
based on the Universal Law of Attraction:  
***Like attracts Like***



# The MAGIC of Gratitude Statements happens with including WHY



I am so happy and grateful that \_\_\_\_\_ because

I am truly blessed to have \_\_\_\_\_ because

I am very grateful that \_\_\_\_\_ because

With all my heart, thank you for \_\_\_\_\_ because

*Example: Instead of just saying “thank you” after dental work, try something like “I really appreciate you doing this work for me today. It makes a huge difference in my health and quality of life, I am truly grateful.”*

**“Write it on your heart that every day is the best day of the year.”**

***-Ralph Waldo Emerson***

**Dear Universe**

**I just wanted to say:**

**"Life is awesome! I'm happy to be here and I'm eternally grateful for every single day I get another chance to be a positive force in this world." You rock. Thank you!**

**Sincerely, Me.**



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