

Spirit of Acceptance

Acceptance is about letting life flow and unfold without getting in the way. It is about being receptive rather than exerting resistance to what comes present. Instead of focusing on the past or the future or wanting things to be different than they are, we open to what is true in the moment. Acceptance is not approval, consent, permission, authorization, sanction, concurrence, agreement, compliance, sympathy, endorsement, confirmation, support, ratification, assistance, advocating, backing, maintaining, authenticating, reinforcing, cultivating, encouraging, furthering, promoting, aiding, abetting or even liking what is. Acceptance is saying, "It is what it is and what it is, is what it is." Eckhart Tolle, defines acceptance as follows: "The basis for true change is freedom from negativity. And that's what acceptance implies: no negativity about what is. And then you see what this moment requires: what is it that is required now so that life can express itself more fully?"

Acceptance is the willingness to let go of your emotional opposition to the reality of "what is." Living without acceptance of a person, situation or circumstance creates an intensity of discomfort that can vary from tolerable to miserable. Acceptance is the precursor to happiness. Enjoyment is earned after a relationship is developed with acceptance. Think of acceptance as equal to trusting Spirit. Acceptance does not mean approval! You don't have to like reality, but in order to reduce your suffering, you do have to accept it. Accepting reality will help to reduce the intensity of your emotions. It just takes a while. Acceptance doesn't happen overnight. The more painful the situation, the harder it will be to accept and the longer it will take to do so. Don't attempt to accept judgments; it can't be done. This is about accepting reality. Judgments are judgments, not facts. Accepting reality isn't about making your pain go away. It will reduce your suffering, but pain is a natural part of human life. Accepting life completely on life's terms. Serenity will remain forever out of reach until we do.

The first law of Spirit is The law of Acceptance. It is the conscious choice to drop all forms of resistance and make the most of the present moment. Acceptance isn't about liking or approving of something. It is about letting life flow and unfold without getting in the way. Super easy to say, super hard to do. When you believe something is easy, the universe demonstrates the ease. Believing involves thinking, talking and acting as though you have already received. Acceptance is about trusting yourself to rise to whatever occasion presents itself to you. It is about being open to ALL of life, knowing that it all has value whether you like it or not. There are five sequential rules that govern spiritual consciousness. They are acceptance, cooperation, understanding, loving, and enthusiasm. Each one is a doorway to the next. Acceptance of uncertainties becomes adventure and non-acceptance becomes fear. When you accept your current situation, you are guided by the Universal Law of Flow. Call it what you will, Spiritual laws, Universal laws or Natural laws.