

ACCEPTANCE

What is acceptance?

Acceptance is having an accurate perception of reality and acknowledging that what is, is. You have an understanding that some things are inevitable and not everything will turn out as you want it to.

An accepting person views disappointments, difficulties and uncertainties as a normal part of life and as unpleasant, rather than catastrophic.



When you have acceptance, you have an inner peace, regardless of external circumstances; and you deal with life's challenges with grace and dignity. You do not make demands on life, but rather coexist in harmony.

Acceptance is a state of mind in which you surrender with an innate knowing that all is as it needs to be and the unknown will be revealed in the fullness of time. It is being receptive to life and acknowledging the bigger picture. Acceptance is listening to the whispers of your soul saying

**'Everything will be alright.
You are okay'.**

Acceptance is not...

Acceptance does not mean you are giving in, resigning yourself, in denial, apathetic, indifferent or ignoring your circumstances. You are simply saying, 'I see things as they are and I accept that this is my present reality'.

Acceptance does not mean that you like or are agreeable to the reality. You can dislike something but still accept it: 'I don't like this, but I can live with it'.

Acceptance does not immobilise you. It is not saying, 'This is my reality forever.' It is saying, 'I accept this present moment to be what it is'. Now that you have accepted, you can begin to make plans to move forward, according to this new understanding.

Example 1 If you are in debt, you don't say to yourself, 'I resign myself to being in debt forever'. **Instead you say** 'I accept that I am in debt right now' and then you make the appropriate financial decisions to enable you to climb out of debt.

Example 2 If you are ill, by accepting, you are not resigning yourself to staying ill. On the contrary, you are saying 'I accept that I have this illness'. This releases any internal conflict or resistance towards the illness. By doing so, you can now stop fighting the illness and **redirect your focus to recovery**, wellbeing and living life to its fullest.