

Tools for Living Free

NUMBER 3 IN THIS ONGOING EDUCATIONAL SERIES

Acceptance: All that We Are

Note: Numbers following italicized text refer to the Step-by-Step sequence on page 2 to provide an understanding of the steps.

(Excerpts from the Satsangs as indicated.)

"... let me just caution you, when I say acceptance I don't mean resignation ... I mean acceptance from a neutral, loving, caring place. *No judgments ... acceptance from a neutral, caring place* (5). And acceptance has to do with both polarities, the 'good stuff' and the 'bad stuff.'"

"Now, when I was sitting in Simran, in Meditation, ... I got real strongly, a real strong link between acceptance and receiving. So I decided also I would look it up in my etymological dictionary, And guess where the word comes from? Two main sources, having to do with receiving and having to with capacity or capability. And when we accept, what we're doing is we are accepting all that we are. We're receiving that which we are, we're receiving The Lord, God. ... All you have to do is open to Him.. *And it has to do with receiving* (6). And what is it we have to accept?

"Well, *part of what we have to accept is our own worthiness, that we are worthy of The Kingdom* (2). The Christ, Jesus said that which is in me is in you too. You're worthy. God put it in you, folks. You're worthy. God didn't make a mistake."

"... I found it interesting that the two origins of the word acceptance were receiving and capacity or capability. So you are capable. You have the capacity. You can contain the vibratory frequency of the Lord, God. 'That which is in me is in you,' only greater..... He's talking about the Christed Consciousness. So we all have that in us, we have that attunement to the Lord, God."

(From "Acceptance: The Key to Your Heart")

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"If you are in any kind of a situation, *all you need to do literally is give yourself permission to be in the situation, without a memory about anything leading to it, without the negativity, without the hurt, without the pain* (3,4), etc. ... Now if it sounds impossible, it's because it only sounds that way. The more you choose, the more

you re-enforce,.... We're kind of creatures of habit, we're habitual ... But if we start to educate ourselves, we can actually stop ourselves and lay down a new track. It's like we put in a new computer program, and we (say) 'this is now available.' *Part of us doesn't know that we have a choice, doesn't know that there's an option that's available to us. And we feel like we're victimized or don't have control over the situation. Just the opposite is true. We do have that control*" (7).

"... Many of us think that if we move into being Spiritual we have to be kind Pollyannaish. We have to deny that we have these feelings of hurt, the pain, all that sort of stuff because it's not Spiritual. And it's not Spiritual to be angry or anything like that. But that not true because everything can be used.

"So if you're feeling angry, that's information. And let me just suggest a way of working it. That anger means that there's something inside of you that you have not accepted. Whether you're angry at a person, at a situation, or at a group. It really doesn't matter, it's all a reflection of some part of yourself that you haven't quite accepted. And if you haven't accepted a part of yourself then what happens is that you have a judgement on yourself. If you have a judgement on yourself, you can't participate with yourself fully. And psychologically you may very well know that when you have a judgement on yourself you have a blind spot.

"But that's got to go somewhere, the judgement's got to go somewhere. And it gets projected out, gets projected on to people or groups, or a person. And they carry that projection for you. And life will give you many opportunities to learn how to call back that projection.

"In the process of learning to call back that projection, you're learning to free yourself. You're learning not to run your energy over, not to give your power over. You're learning to be centered really in yourself. And that's crucial. See *living Spiritually means that the Power is within you* (2). It's also omnipresent in you. It's

"... underneath it all is the worthiness factor. If you know you are worthy, then you can accept the Lord, God."

"Not only is acceptance the key to your heart, it's a shortcut. It's a shortcut to the Lord, God."

from the Audio TAPE of an Open Satsang, "Acceptance: The Key to Your Heart"

not something outside of you..... We have the Power. And human development has been set up so that we move into that and accept that. That really we're in charge, we're in control."

"I didn't necessarily have control over someone stepping on my foot. I couldn't really do anything about it. But what I do have control over is my response to someone's stepping on my foot. And that we have control over. And that's our power. *It's really the power to choose (5). And to choose really positively to keep ourselves moving towards freedom. And freedom comes with acceptance, really all parts of our consciousness (5).*"

(From "What Is Spirituality?")

"So when we accept who and what we are, we have to accept the good stuff. That we are powerful and we are loved. And that our whole purpose on this earth is to love God (2,6,7). And in working with people, I've found that one of the hardest things they have to accept is how powerful they are. {sirens heard in the background} See and I'm working very hard to accept the sound of the sirens here. But I'm going to do it. Okay, and that means I don't have a judgement against them, I don't think it's wrong, what's happening, okay. It just is. And by being in that place I can just go about my merry business. I'm not giving my energy over to that situation.

"And the thing that I always find fascinat-

ing is when people share with me the moments that they've allowed themselves to touch into Spirit and the Joy that they've felt, and the incredible peace that they've felt. Then they do everything in their power to push it aside, not have time for it, make other choices. Everything. And the heart closes and closes and closes. And by that I mean the door is always open and we don't go through it. We don't allow the Presence of God. And if we don't accept the Presence of God, we don't accept ourselves. So that we're not worthy, we're not good enough, we're not important. So a big key to living in The Spiritual Heart or The Heart of God is to accept yourself. *Accept The Spirit you are, the power you are, the loving you are and the fact that God cares about you. That He hears your prayers (2).*

"And the thing about acceptance, too, is that we have it wired up that if we accept things as they are, our seeming circumstance, our seeming situation, the environment we're in, we're going to be in trouble. So you have to battle and fight it, but just the opposite is true. *If you accept it and you're neutral with it, guess what? Makes it very easy for things to change. Then all you have to do is go inside you, in The Innermost Heart, and just allow yourself to be moved. That's it. You don't have to do anything about it other than focus your consciousness and allow, and accept the Love that's Present (6,7).*

(From "Acceptance: The Key to Your Heart")

Step-by-Step

Here's a quick reference list for daily practice. Please refer to the articles for complete information

1. Call in The Light: Lord, God, send me Your Light."
2. Acknowledge your power: say "I am worthy. I am loved. I am powerful. I am Spirit."
3. Let a situation in your life come up that has been difficult to accept up until now and feel yourself in that situation.
4. Move into neutrality: "Lord, God, allow me to see this situation without judgement."
5. Now choose acceptance: "Lord, God allow me to accept this situation and accept who I am."
6. You are now free to choose a positive response: "Lord, God thank you for allowing me to see this situation as an opportunity to love more."
7. Sit quietly and receive God's everpresent Love. Then love yourself and love God. Welcome to acceptance.

Try This

"Lord, God send me your Light (1). And just take a moment, and let a situation come to mind that is in your life now, that up until now you're not really accepting (3). It may be your job, it may be your spouse, it may be your boyfriend, girlfriend,

it may be your money, it may be your car, it may be your lack of a car, etc., etc. ... Just ask The Lord, God to take that non-acceptance and tell yourself to let it go. And have God move you into acceptance. Let yourself be moved right there (5,4)."

Case Study

The other day my Teacher asked me how I was doing and how my weekend was. I said, "good." As My Teacher and I kept talking the truth came out, that really, in fact, my weekend was terrible and I didn't feel very good. He asked me why I had lied to Him. And the truth of the matter was that I was lying to myself. For whatever reason I thought I always needed to be okay or at least come across to others as okay. I thought I had to deny hurt or pain or anger. What I realized is that I need to be in acceptance of all parts of

myself, whether "good" or "bad." It's okay for me to be feeling sad. And as soon as I accepted that I wasn't okay and admitted it, Spirit moved on that area immediately and I was free to let go. As soon as I moved into acceptance I allowed myself the experience without judgement. And as soon as I accepted the sadness I was okay and a healing took place. *From this point I had a choice whether to keep holding onto the sadness or to let the sadness go. I chose to just let the sadness go (4).*

Suggestions for further study

Ask for Audio TAPES: #A4 "What is Spirituality?" or #A34 "Acceptance: The Key to Your Heart"

For further information or to request other titles in this series contact

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