

Tools For Living Free

NUMBER 81 IN THIS ONGOING EDUCATIONAL SERIES

Self-Acceptance

Excerpts from *The Money Workbook* by Roger B. Lane, Ph.D.
We appreciate the author's permission to reprint excerpts

"Acceptance has to do with allowing and resting in the knowledge that everything is okay and that things are just the way they are supposed to be. It means that I can accept other people regardless of their bank account, employment, social background and class from which they came. It also means that whatever they are, I do not have to change.

"Over the years, I have encountered many women who have married alcoholics and drug addicts just 'knowing' they would change them. The only thing which changed was their marital status; divorce followed and the addiction patterns remained the same. Somewhere, these women had nursed the fantasy that they were 'the one' - the one person in all the world that their now ex-husbands would stop for. They did not know that the only thing special was their husbands' habits and that the only thing that could make them stop was themselves.

"When you truly accept you accept the whole package, the dirty socks along with the handsome face, the chipped tooth along with the beautiful body.

"Sometimes when you accept things, you wish they were different. But if I wish my bank account were different, it is usually because I have not accepted the dollars that are already in it and have not yet come to the place where I am acknowledging what the dollars I do have provide in my life. Nor have I acknowledged and shown appreciation towards myself for earning and bringing to myself these dollars.

"Appreciation is a very strong ally of acceptance. When a house or jewelry goes up in value it is called appreciation. When we increase the value of what we have and who we are it is because of appreciation.

"With the ability to accept and receive what we have visualized and programmed for must come the acceptance of where and when it comes and of what we already have. When we accept a situation or a person, we accept them without a need for it to change and with the knowledge that whenever and however it or the person changes is okay also.

"As we have discussed in detail in this work, we project our thoughts and desires out into the world and make the world accordingly; hence, the importance of where we focus these thoughts and desires. We find a similar mechanism at work with acceptance: *whatever we accept within ourself is acceptable in others; what is not, is not*. I project onto someone else what I cannot accept within myself. Whatever I do not like about you, I do not like about myself; whatever disturbs me about you, disturbs me about myself.

"On a larger scale, nations, religions and groups of people cast what the psychologist C. G. Jung called "the shadow" onto each other. Wars, leading to further wars which, in turn, lead to more demonstrate that there has been no understanding and no acceptance within each nation or religion or peoples of those qualities and beliefs they do not like. It is a lot easier to bomb your house than to clean up my own.

"Along with acceptance comes the letting go of having to be a victim. If I do not have to do anything to you before you 'get' me because I do not perceive you as an 'enemy' as no part of myself is one then it is impossible for me to get hurt. When I get hurt it is because I thought I was inferior or less than you and I experience what you do as a confirmation of this fact. Being a victim means believing that you have no control over your life. If that is true then there is no correlation between what you believe and the world and you can feel and desire without consequences in this world. Unfortunately, this is not true for those who do not like to be responsible for their creation. Go about thinking badly about yourself and see if the world treats you well. Go about thinking you are to be 'ripped off' and see if you find coins in the streets.

"*To accept every part of yourself and the world does not mean you have to love it or even like it*. But it does mean that it is okay to have for however long you do and that you do not have to blame anyone, not even yourself, for it. If it is okay to have then it is not surrounded by a negative creation of guilt and shame and this energy does not block the change as it does not surround it. It is said that *'acceptance is the first law of getting along with the world.'* I know that whatever part of the world and myself I do not accept, it does not accept me. It is that simple."

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Try This

Mirror, Mirror

Stand in front of a mirror. Make eye contact with yourself and say each sentence out loud ten times. From now on, do this exercise five times each day!

***I am a good person.
I am totally worthy of love.***

- from The Money Workbook by Roger B. Lane, Ph.D.

Case Study

"Dear Cosmos Tree"

Q. Up until now, I have had challenges fulfilling every commitment I make to mySelf. Many times I have set out to do things I enjoy like making music and getting teaching gigs lined up but have fallen short. Other times I have taken on too many obligations ending up overloading mySelf. I also have many ideas for projects I'd like to work on but have trouble deciding what to focus on. How can I discipline mySelf and shine at what I do while also making a difference in others' lives? - D.L.

Dear D.L.:

1. Begin by calling in the Light of the Most High like this: "Lord, God send me Your Light!"; 2. Ask God to take anything that stands between you and the Spirit you *are* like this: "Lord, God for the Highest Good please take anything that stands between me and the Spirit I *am*! Tell yourSelf "It's okay to let it go!"; 3. Be sure to surrender/release any pressure you're putting on yourSelf (i.e., "to shine"; making "a difference in others lives"); 4. Know that we're not here to master the things of the world; we're here to be Masters of the Spirit that we *are* by staying present; we can *do* this by practicing Giraffe Consciousness or the focus on the Godpoint within; as for "others lives," as Our Teacher says, "The best thing you can do for anyone is to be yourSelf (practice 1-4 above); 5. Know, too, that "obligation" is a sign that you're outside yourSelf; again, the best thing you can do is discipline yourSelf to stay in the Sound Current/the Spirit you *are*; 6. You may want to practice the 4 rules of Positive Self-Talk by lovingly directing your basic selves - the parts of us that brings forward our karmic patterns - into the action you want; for instance, to take the next step(s) you need to complete a project, etc.; you may also want to give yourSelf encouragement by telling your basic selves how much you appreciate what they're doing or to give them updates on changes you're making in your life *now* and keep it positive: this is the loving discipline that allows the Spiritual Flow; 7. If you're having "trouble

deciding what to focus on" go inside and use prayer to co-create with Spirit by asking Spirit for clarity and guidance or for any other help that you need; know that you cannot balance your life - or organize it; It's God's Life; all you need to do is Trust and Allow and Receive; as Our Teacher says: "Lovingly direct yourSelf into the Light focus and accept the simple solutions."

To Reinforce Your Learning: 1. Beginner: read the *Tools for Living Free* "Living a Blame-less Existence"; "What Do I Have To Do To Be Perfect, Lord?"; listen to the TAPE "The Best Thing You Can Do For Anyone" and read the *TFLF* excerpted from the latter Talk, "Living in Integrity"; listen to the TAPE "Are You TAR And Feathering YourSelf?"; 2. Intermediate: Everyday Evolution I or an EE1 Refresher Course; 3. Advanced: 1,2 and request the Gift of Initiation into the Path of Soul Transcendence by calling your nearest Center.

Dr. Lane Adds:

Dear D.L. - In addition to the excellent advice above, I wish to add that the key for you is the same as the key for all Souls: to live as the Teachings teach us; namely, "inside out."

This means that (1) you line up with obligations that are "outside" yourSelf and make them yours and, thus, come from inside out; (2) you give up the pressure you are imposing upon yourSelf to live up to an "ideal" standard that is outside yourSelf and, instead, allow the process to emanate from within and fulfill itself; and (3) you need to let go of specific results and practice "Nintendo" - giving the results to God.

Please know that as you lovingly fulfill yourSelf spiritually by following the Spiritual Practice *exactly* as given to you by Your Teacher and are a Loving Disciple and Devotee of the Lord, God you automatically shine and are disciplined. This, coupled with allowing your talents and gifts to flourish, will automatically "accomplish" what you wish.

I also wish to lovingly suggest that whenever you find yourSelf striving or seeking, simply drop back inside yourSelf, call in the Light of the Most High, and re-align with the above.

And know that you have Your Teacher's Blessings.

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 of the Most High by saying, "Lord, God send me Your Light!"

2. Accept where you are right now by saying inside yourSelf, "Lord, God for the Highest Good, take any and all judgements that I may be holding inside mySelf!"

3. Tell yourSelf, "it's okay to let it go!"

4. Truly accept yourSelf and accept that you are Spirit by contacting any Regional Center and requesting Initiation into the Path of Soul Transcendence.

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

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