

THE ART OF ACCEPTANCE



To accept those things I cannot change takes great courage and strength... There is no weakness or failure in acknowledging that acceptance is, at times, the only solution I have...

When I spend too much time fighting and wrestling with those people, things, and events that I cannot change, then I create undue stress for myself... I've fought so many pointless battles and, in the process, have lost my way... I've forgotten what's important, and as a consequence, I waste time and energy... By accepting there are things I cannot change, I find peace and clarity, and I learn to focus my attention and energy on those things that I really can positively influence...

Acceptance is so liberating... Acceptance is insightful... Acceptance strengthens me... It teaches me that power isn't always found in control... Sometimes, the power that I seek is found in letting go of control and understanding it is not my place to control everything... My place is to influence those things that I can, and where that is not possible to let go and learn...

Sometimes life unfolds in a particular way because there is a story that needs to be told, a story that has hidden messages that need to be played out in a certain way... So, if I remain busy holding on, trying to control the outcome, I deny myself the many insights available to me...

I move forward trusting that there is a greater good... that I may not always understand... but if I have the courage to follow its lead, in time it will all make

sense... I then come to a point where I can understand that which I have not yet imagined... And so, I accept and let go....