

AWARENESS OF ACCEPTANCE

I love how the Universe gently brings to my awareness things which I am to work on. Life is all about personal growth, personal healing and shifting ourselves to be healthier, wiser and stronger. When acceptance was brought to my awareness, I thought “you’ve got this!” Acceptance basically is the premise that you accept whatever is coming your way because realistically most of what comes your way is out of your control. It is about stepping into the unknown each and every day and making the best of what is presented. Same goes with accepting the behavior and ideals of others, you have no control over them, and if something does come up as an irritant the only person you can change is yourself. It becomes a cycle of letting go, and allowing.

Midweek, from when the universe presented acceptance to me, I was presented with the next leg of the journey. It would take me deeper into the process of acceptance. Everything we have ever been told skews our perception of what is acceptable. If you are told something is good, that is what you believe and so that makes it acceptable. If you are told something is bad, that is what you believe – even if you don’t really see what the issue is – and that makes those behaviors not acceptable.

Let me tell you, over the course of my life I have been told many things are wrong/bad! Perhaps not in the words of that is bad, but in ways that you just know you are going to hell quickly if you act that way. Recently my dad passed. I have cried, but many times I have held back the tears, one day recently the floodgate was triggered opened, and I had a major meltdown. The trigger had nothing to do with my dad’s passing, it just brought forth all the held back emotions and tears. I cried more in that one session than in the 3 months since his passing. I was drained and exhausted! I realized that instead of allowing my feelings space to be I had been stuffing them each time they rose to the top. I had not been accepting them, allowing them to be processed so that I could let them go and thereby begin the process of healing.

I was at a crossroads as to how I could change this habit I had and be open to allowing tears to flow freely. I asked my guides and angels for help and guidance on how I could better serve myself so that I did not get to meltdown stage. Within a couple of days, while washing my hair, it came to me. The whole thoughts around what we are told shapes us, and loudly in my parents voices “stop crying, or I will give you something to cry about.” It would appear that crying was unacceptable and had been programmed. I was a sensitive child, and did cry easily. I recalled many occasions of hearing the above phrase, and learning very early in life to “stuff” the tears down, swallowing so hard and blinking like crazy. I also learned to hide my tears away – only allowing them to flow when no one could see or hear me.

I sat with that information, and honestly accepted it. To do otherwise would be judging, and I was not the victim nor my parents to blame. By accepting I simple understood that all situations, and people are in constant flux. I did not have to stay locked into that pattern, in fact acceptance necessitates recognizing and acknowledging situations or attitudes that exist, not giving approval or staying with the status quo if I feel differently.

I accepted that while I did not believe that crying was wrong – in fact I support others and encourage them to cry freely - deep within me I had been programmed tears were wrong. For me personally it was wrong to cry, and perhaps that is why I encourage others to let them flow, I personally want to be free to do just that.

Which brings me to the other side of acceptance, being accepted! Can you see how the circle goes around and around? We listen to the wisdom and advice being doled out to us, because we don't know differently, it becomes a part of our psyche and when we act appropriately we are accepted and not reprimanded or frowned upon. It becomes the go to reaction even after we have "learned a new way."

Each of us are at any given moment in the process of changing. If we can accept ourselves and own that perhaps what we accept or don't is a programming, we truly begin to understand who we are. Acceptance then becomes freedom from the need to retain preconceived notions, not to mention other areas - control of others, favored outcomes, or the anxiety that can come when the unexpected occurs. It becomes more than tolerance, it is a patience and gentleness that extends outward. Beginning with our own self, first, then extending to others and the world at large.

Next time you find yourself in a place of non-acceptance, see if the belief extends from your own truth and personal values, or from the belief of others. Once you discern this release the need to judge the situation and instead just accept, that, personally you don't agree with it for you. Understand that each person, place, thing, or situation is as it is meant to be. The result will be serenity in knowing every individual, situation, or difficulty is unique and valuable in some way.

Namaste

Marlene Cobb

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