

# ACCEPTANCE

Acceptance simply means that you make a commitment: "Today I will accept people, situations, circumstances, and events as they occur." This means I will know that this moment is as it should be, because the whole universe is as it should be. This moment -- the one you're experiencing right now -- is the culmination of all the moments you have experienced in the past. This moment is as it is because the entire universe is as it is.

When you struggle against this moment, you're actually struggling against the entire universe. Instead, you can make the decision that today you will not struggle against the whole universe by struggling against this moment. This means that your acceptance of this moment is total and complete. You accept things as they are, not as you wish they were in this moment. This is important to understand. You can wish for things in the future to be different, but in this moment you have to accept things as they are.

When you feel frustrated or upset by a person or a situation, remember that you're not reacting to the person or the situation, but to your feelings about the person or the situation. These are your feelings, and your feelings are not someone else's fault. When you recognize and understand this completely, you are ready to take responsibility for how you feel and to change it. And if you can accept things as they are, you are ready to take responsibility for your situation and for all the events you see as problems.

***It's your resistance to WHAT IS that causes your suffering.....Buddha***