

A c c e p t a n c e

May 2005

“Happiness can exist only in acceptance” (Denis De Rougemont)

The following are some of the thoughts generated during the discussion:

Question:

“How easy is it to accept the wishes of God and His ways? Have you ever been in a position where you have had to accept a decision or situation, if yes, what did you learn from this experience? What traits and qualities are connected with the term acceptance?”

The group identified a link between faith and acceptance, highlighting that you can only really accept something from someone in whom you have faith. Members of the group described how they had agreed to follow life changing decisions simply because they had been directives from the Satguru at that time, whether these were with regards to marriage, education or other life changing events. Members of the groups commented that although they may have been a little apprehensive to begin with, in hindsight, accepting the directive had been the correct decision as their lives had benefited as a result of this.

The group further identified that strongly connected with acceptance was the act of surrendering. It is only when we truly surrender to God that we are able to accept His directive: ***‘Consider your own life, how many times a day does some situation pop up that leads to moments of frustration and anxiety? Surrendering your head to your heart in those moments will lead you to balance and fulfilment’ (Sara Paddison).***

Tip: We often hear that ‘God manifests in our hearts’, if this is the case, then why not listen to Him when you next have to make that difficult decision?

One individual commented that listening to a directive is one thing, but to **accept it**, is another. Accepting something means not to question it. The difficulty is that being human; we do not always have the power to accept decisions without questioning them. We very rarely question or revoke a Senior Managers’ decision at work, as we know that not accepting this may have consequences for us at work. Likewise, we need to develop and maintain a similar thought pattern for accepting the will of God and His directives. The individual further explained that when visiting a Doctor, he or she will not state: ‘trust me’ as we automatically have trust in the knowledge/skills that the Doctor holds and accept the decision or advice that is given. In the same way, when we need to develop and build our Trust in God.

During the discussion, a member of the group expressed how it is easier to accept a situation, rather than a person. When placed in a position where we have to accept a situation in which we have no control over, accepting and adapting is easier. However accepting other people and their ways can be more difficult, especially when we think that the person has the potential to break our trust. At times like these, the Satguru says that we must change and adapt our ‘own’ selves. We need to learn that we cannot change people; all we can do is accept them and their ways. We must take what we can from that person and surrender the rest to God.

Tip: Do not forget that there is the potential to learn at least one positive aspect from everyone we meet in life; always look out for this!

Acceptance is the key to life. Accepting the will of God will bring happiness and peace into our lives...