



VEIL *of* CHANGE

Learn The Art Of Acceptance

DISSOLVING THE VEIL OF OVERWHELM

The Art of Acceptance and Allowing

Whilst giving and receiving are closely related, acceptance can be a little more challenging.

Acceptance is not:

Not acknowledging the truth

Pretending that you have no choice and just give up

Not admitting your own role

Acceptance is:

Understanding that there are certain things in life that cannot be changed

That it is not personal

That it has nothing to do with your thought patterns or your beliefs

Being truthful about how you feel

Embracing the things that you cannot change so it will bring serenity and peace into your life.

Exchanging expectations of others for acceptance of others, bringing harmony into your life.

Learning to 'go with the flow'

One of life's greatest lessons

Sometimes things in life happen and you are unable to control the outcome

It is your perception and your interpretation of those circumstances that will either free you or limit you.

Self-acceptance comes first and is important for your own growth, self-acceptance means you feel at peace with yourself and your actions.

When you love and accept yourself

Life will flow and any challenges that do interrupt that flow will be seen as lessons for self-growth and will take you a step further on your journey.

Acceptance takes great courage, strength and humility

Acceptance of certain events, like the death of a close loved one or choices that others make but which affect you, can be very hard to live through.

Acceptance is one of the most challenging paths life will invite us to take, and it should never be mistaken for an easy way out.

It takes great, courage, strength and humility to truly accept; especially something that instinctively invites some other response.

Cultivate your mindset

In order to progress through your life at these times, a certain understanding or mindfulness can be cultivated:

Ask yourself:





Is there anything I need to do that I am not doing?

Do I need to act different in order to change circumstances?

Be truly honest and if the answer is yes, then do what you need to do to make changes.

If nothing can be done

Then choose acceptance by embracing:

-  Your fear
-  Your loss
-  Your pain
-  And monitor what happens

Developing An Attitude Of Acceptance

Appearing to do nothing has a very powerful way of starting the change process within you in very subtle ways.

Developing an attitude of acceptance will bring about your inner happiness, as you will be letting go rather than pushing and pulling.

You will be allowing things to be the way they are.

“Lord grant me the serenity to accept the things I cannot change and the courage to change the things I can, and the wisdom to know the difference”

Saint Francis of Assisi

