

LOOKING WITHIN

Acceptance

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Acceptance: a simple word that causes waves of resistance.

More often than we would like to admit, our barometer of acceptance fluctuates. When we look outward, we usually range from 4 to 6 on a scale of 1 to 10. When we look within, it freezes to a 2.

It is fascinating to witness how we are more accepting of the outside world, which is far from being the truth, than we believe about ourselves. Since the first day of our life, we have not been accepting of ourselves, because we could not understand the vibratory language of emotions shown to us by our families and environment. Not knowing and understanding the language, we embraced misunderstanding and misinformation as truth.

We have forgotten and are rarely reminded of how beautiful and unique we are. And such uniqueness has its right place in the world of which we are a part.

We have to step aside and tenderly embrace our special qualities and gifts. They are necessary for the symphony of life as a whole.

We cannot continue pursuing the game of "Comparison". It only depletes our own participation in the sound of harmony. Every instrument in a symphony orchestra is necessary and holds its perfect place and function. If we are the violin, we cannot compare ourselves or wish we could be the piano. Our mission is to be the violin and deliver our beautiful sound. We can only be the GIFT that we ARE. When we are, the most delightful music embraces the whole of life, and we are in harmony and peace.

Our mirror this time is the world itself where we can see every other instrument performing its resonance.

So, let us join the divine orchestra, accept and appreciate who we are, but this time instead of trying to play our instrument ourselves, let us surrender and allow the universe to play us, and see how beautiful it all is. The sounds can be magical.

Remember, be gentle with yourselves and let peace be with you.