

Accepting What Is



One of the biggest causes of suffering is not accepting life the way it is. We wish life was different in this way or that, which keeps us in a state of non-acceptance. When we cannot accept from life, we cannot receive anything. Thus, unintentionally, we end up pushing away even those things we may wish to have as a part of our lives.

What seems constant in life is change. If we could see it like a river, flowing along bringing things, then carrying them away again, it would be more accurate than the usual static concrete view of 'what is real'. In truth, it is all an incredible gift. Life is an opportunity to be present.

As I look outside on this sunny cold morning, the light is bright and the trees seem to shine. When we are present everything takes on a new more beautiful appearance. Not just nature, but even simple objects have more 'life' to them.

When we are present in the moment and stop resisting what is, we can be open to the opportunities life brings our way. We are more alert, calm, and serene. In this state, we can be discerning and go with the flow. It is much easier than not accepting our lives and trying to fight our way back

up stream. Life is more difficult when we resist what is.

Many so called spiritual seekers spend time looking for knowledge, answers, or that special teacher who, if they are lucky, will one day reveal the secrets of life. Although I humbly respect everyone's right to choose his or her own path, may I make a suggestion? Allow your life to be the teacher. It is patiently waiting, always there for you. You can savour, love and cherish every moment of it. Or you can spend your life worrying and fretting about all the ways it should or could be different, if only you had done this or that. The past is gone. Regrets will not change what happened. You have only one life to live. Better to live it now ...fully.

Of course this does not mean that others cannot assist you. If you meet someone, life offers them to you. You get to choose whether they will be a continuous part of your life or just passing through. We learn from everyone we meet and they also learn from us, even if the lesson is simply that we go our separate ways.

So ultimately whether we suffer or not is up to us. Accept life or don't accept it. Life doesn't care which you choose. Through trial and error, or perhaps through deep silence and contemplation, you have the opportunity to accept the beauty of your life in this moment and know that this is real. Try it! What have you got to lose?

