

# Accept

Accept what is, accept the moment, accept yourself.

You cannot successfully fight what is. The fight only hurts you and creates no value or understanding.

Accept what is now, and then, if you are so inclined, work to change it for the future. Only in the accepting can you find the peace and strength to promote a positive change for the future.

We need to accept ourselves first, and then work towards the changes we desire. If we accept that we are a certain weight and love ourselves anyway, we can then, in a positive step, work to become who we want to be. We need to accept where we are and then live as if we are where we intend to be. So, if it is to weigh less, we would live as people who weigh less, and therefore, would be eating less as a positive step.

Acceptance is the first step of change.

Yes, there are things we cannot change. However, we can change how we view them, how we interpret them, and how we react to them. In fact, it is all in our action and reaction.

So, you are negative, you judge, and you have endless tapes running in your head. Rather than spending your time fighting them and giving the negative thoughts a life, perhaps you should accept that you have them, don't fight them, and move forward. By accepting your traits, you take the focus and the fight away from them. Taking the focus and fight away allows you time to focus on that which you want to be, that which you want to do, and that which you want to learn.

What you focus on gets your attention. So, accept that you may not be perfect in your own eyes, but by accepting it and moving forward, you will realize those less than perfect parts of you will get less and less attention. Plus, you will be putting your time to better use.

To accept another as they are, faults and all, is far better for us than to fight them. We can change our reaction to another person, but we cannot change the other person. Sure, we can suggest things to them when they ask us and are open. However, we are not here to make others perfect. We have enough trouble with ourselves. To accept others is to find peace within ourselves and to find a way to work with or leave the other person.

Yes, we can leave relationships and situations. In some cases it may be in our best interest to set boundaries. However, unless we accept them, we might just find them around the next corner. If you accept the premise we are on earth to learn and grow, then you will realize that those who we do not accept may be in our lives so that we can learn to accept them. So, until we do, we will run into that person again and again until we learn to accept.

To accept is not for the other person. It is for us, our peace of mind, our growth, and our understanding. Try to accept what is, and you will know the peace and comfort in it.