

Acceptance by Amanda Goldston

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Acceptance Process and Meditation by Amanda Goldston

*“God, grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference” – Author unknown*

What is Acceptance?

Acceptance is allowing a situation or person to be exactly as it is, without change or alteration. It is squarely facing a situation, however hard it may seem and then taking guided action, as appropriate.

You often cannot change a situation. Only rarely can you change other people and their behaviour. However, you can change yourself, how you choose to react and the decisions and actions that you take.

The Futility of Fighting

Sometimes when everything seems to be going wrong, the solution, on the face of it, would seem to be to try harder, to push more, to put more effort into fixing whatever is going wrong.

Yet, for many people, the more they try to put a difficult situation right, the more things seem to go wrong and the harder it seems to be to move forward. Sometimes the way a situation is unfolding seems to be completely out of your hands and the more you try to control the outcome, the more it seems to resist you and to kick back at you.

Bizarrely, a shift will frequently occur when you are so exhausted that you cannot fight any longer and some part of you turns this problem over to a higher power for a solution. This may be your Higher Self, God, the Universe, Angels or whoever or whatever you turn to in your darkest hour of need and, somehow, in that relinquishing of control, miracles happen.

If you have been struggling with a difficult situation recently and have come to the point of really not knowing what to do about it, then perhaps one option would be to simply accept it for what it is.

Perhaps the situation is here for a reason. Perhaps there are lessons you need to learn, or discoveries about yourself to uncover or difficult decisions to make. In coming to a place of accepting that what is here is what is here and that it is right and perfect for you in this moment, you can enter into a place of peace. From that place of calm, you are then able to hear more clearly the insights that are being offered to you by your wise, all-knowing Higher Self.

If you are in a place of struggle and are fighting against huge problems, this will probably seem like the most back-to-front illogical concept that you have ever heard, however, as bizarre as it seems, let me offer you some examples of where this has worked for me, in my own life.

Then I would like to guide you through a short meditation to bring you a place of Acceptance about situations in your life.

Examples of Acceptance

In January 2010, we (my husband and I and family) were on the point of losing our home. Despite having made payments to the Mortgage Company over the previous six months, there were still considerable arrears because of other circumstances and the company had decided to take the house.

We fought this tooth and nail, with letters flying backwards and forwards to the solicitors and the court and the mortgage company. We had got ourselves very stressed and very worried because we really did not want to move and we were concerned about the children and their friends and yes, we were very concerned about what other people would think and say about us. The thought of having to tell the children and, much worse than that, of having to tell parents and ask for help, was unspeakable horrible.

Despite all our efforts, the mortgage company were determined to go to court and refused to cancel the action. On the day before the court hearing, we finally voiced the unthinkable, "What if we lose tomorrow?"

We could no longer fight it. We had to accept that we might just lose and we might be moving house. I had received lots of reassuring readings from friends, that we would not be moving, yet, despite that, there was still the possibility that things would go against us and we would have to move.

Somehow in that moment, there was an acceptance of "What is" of the reality of what we faced. Somehow a sense of peace settled over us and as that question hung in the air, there was a knowing that we would be taken care of, no matter what happened.

OK, we might have to move out. We have friends who rent out property and there is always someone who knows someone who has an empty property. In that place of peace, some positive aspects occurred to us, such as not having to spend a lot of money on renovating this current property and a freedom from this unbearable worry and sleepless nights.

We have close family on both sides and we knew there would be help available, if we asked for it, along with a telling-off for not asking for help sooner.

Once we came to that place of being able to accept what we perceived to be the very worst in that situation, we were finally able to let go of the need to control the outcome.

When Greg (my husband) went to court the following day, he calmly stated our case, whilst being prepared to accept whatever outcome was given by the Judge. It was very borderline, however, what swung it in our favour, was that the other side had made mistakes in their presentation and tried to make things look worse than they really were.

The next instance came in April 2010. We were struggling with money and every penny was spoken for before it came in. The family dog developed a growth on his tail stump. It was really nasty and the more he licked it and fussed with it, the worse it got.

The Vet told us that it was going to cost over £200 (approx \$300 USD) for an operation to remove this growth. This was £200 that we did not have and could not see any way of paying for it. We decided that we would wait and leave it, in the hope that either it would get better on its own or that the money would come in from somewhere and we could use it for the dog before it got snaffled up on paying for something else.

One weekend, this growth had turned really nasty and it smelt horrible. The dog was licking it at constantly and left a horrible stain on the furniture and the carpet, everywhere I went.

Out of sheer desperation, I turned to the Acceptance Meditation to try and find some calm, peace and perhaps some clarity as to what I could do in this situation.

During the Meditation I came to a place of accepting that the situation was exactly perfect as it was right then, it was exactly as it was meant to be and that the Universe would take care of it with no further effort from me.

I came to a place of peace and being able to accept that the dog had a huge, smelly growth on his tail and that I had no money to pay for surgery for him.

I did the Acceptance Meditation on a Sunday evening. As I was doing it, I felt a very strong intuitive prompt that I should phone the Vet the following morning and book the dog in to have the growth removed. I then got a second prompt to go to the bank and ask for the money to pay for it. That second suggestion caused me to break into laughter, as I really could not see how, in a million years, any bank was going to lend me any money!

However I followed the prompts. The appointment for the operation for the dog was set for the Wednesday of that week and the bank gave me the money I needed!

On the Tuesday morning I put the dog out in the garden because he was licking and biting at this growth on his tail. When I next went outside and looked at the dog, the growth was gone!

It appeared that he had taken matters into his own teeth and had ripped off this growth and eaten it! All that was left was a little red spot. All it cost us then was about £30 (approx \$50) for an appointment at the Vet and some cream for the place where the growth had been.

When I handed the matter over to the Universe to take care of, I could never have envisaged the way it would get handled!

On another occasion, I had been doing battle with our former home utilities company. They claimed I owed them money, even though I had paid their bills and they owed us money, due to an overpayment on our part because the meter had been faulty.

The whole situation was getting very stressful, partly because we were going round in circles, getting precisely nowhere and partly because I had no money to meet their demands, even if it was proven that I owed them money.

In part of the Acceptance meditation, it asks you to think of what the Ideal outcome be, then hand it over to the Universe to handle. It also involves being open to anything that I personally might need to do, to help the situation along.

For me, that was very simple. I desperately wanted this stressful situation to be over, for the harassing letters to stop and ideally for them to pay me back the money that they owed me.

I got the prompt to write to the Legal Department of the company, bypassing the person I had been dealing with, and send them a full detailed letter, including all correspondence I had previously sent them, as well as an invoice for £500 (\$750) for wasting my time and making me continuously repeat myself.

As I started to write this letter, I set the Intention that this would be the last letter I would be the last letter I would have to write to them and it would cause the matter to be resolved.

As I typed, I felt a sense of peace come over me. It was almost as if I was being guided with exactly what to write.

A few days later, I got a cheque in the post from them which, although it was only a fraction of what I believed they owed me, it had the magic words SETTLEMENT of ACCOUNT written across it. OK, so they called it a "Customer Loyalty Bonus" rather than a "Refund of Overpayment" – but who cares, it was finally over!

We have had several occasions when bills have been due to be paid that day or the following day and we have had no money to pay them. Once I have been able to accept that situation and hand the matter over to the Universe to deal with, inevitably something has come along to help – sometimes at the 59th minute of the 11th hour!

On one occasion, some product sales via the Internet and an Angel Card Reading came in; on another occasion, a small inheritance, that we had been expecting for nearly two years, finally came through; on another occasion, there was a gift from someone and one time, when we were short of food, I won a competition for a case of gorgeous cereals!

Once I have accepted that the bill needs to be paid and, at that point, I didn't have the money to pay it, something turned up. One another occasion, it was an idea for a product that I could create and promote fairly quickly and one day I had an email for another opportunity that I could look at.

Times when Acceptance of “What Is” could be useful when:

- a) You are short of money and cannot see any way of generating the money you need, especially if you need the money quickly.
- b) Someone owes you money and you have done your best to get the money back, yet it is not forthcoming. Interestingly, once you release the need for the money that is owed to you to come to you or back to from a specific source, you open yourself to the flow of the Universe. The amount you are “owed” will often then come to you from a completely different source.
- c) You are not happy in a relationship.
- d) You have a difficult person to deal with in work or personal situation.
- e) You are unhappy in a work or business situation.
- f) You have a health problem or are in physical pain and are trying to ignore the issue and hope it will go away or get better by itself.
- g) You have a challenge with alcohol or smoking or substance abuse of some sort. The Serenity Prayer at top of workbook is used by Alcoholics Anonymous to help their members. The first stage to dealing with any problem is to admit that you have the problem and be willing to face it, however unpleasant it may be. The next stage is to deal with it and that may involve seeking help from appropriate professional people.
- h) You are fighting against something or someone. It is very difficult to change people and their behaviour. If you can come to a place of accepting that that person is as they are and they are unlikely to change, you can then choose your actions from a place of empowerment.
- i) You are involved with fighting “Authority” or embroiled in a legal situation, especially if you have started the action. This can be hugely draining on all your resources of time, energy and money. Ultimately you may “win” the matter, but at what cost?

- j) When you feel ripped off or feel a desire for revenge or vindication or getting back at someone.

If you have a problem, you do not have to deal with it on your own. It is a sign of great strength to acknowledge the problem and to seek help in resolving it.

The Process of Acceptance

There are some very simple steps to the Acceptance process.

- 1) Think of something that has been causing you stress because you have been resisting it, fighting it, not accepting it and putting in a lot of effort to try to get the situation to go the way you would like it to.
- 2) The aim of the process is to come to a place of Accepting that the situation is right and perfect exactly as it is for this moment. It does not need to be changed or fixed in any way. There is nothing further that you need to do and the situation does not require any further effort or stress on your part. You do not need to understand why you have this situation. The situation is as it is and you are OK with that.
- 3) Once you are at a place of accepting the situation exactly as it is, you often find that a sense of peace and calm will come over you.
- 4) The next stage is being willing to hand the situation over to the Universe, God, Grace, Angels or whatever or whoever might be a Higher Power for you. This may be your Higher Self. You are asking that the whole situation be dealt with easily, effortlessly and with the outcome that is for the Highest Good of All Concerned.
- 5) Think about what you would consider to be an Ideal Outcome. Try to keep this as general as possible and avoid defining a specific "How" or way in which you feel the outcome should come about.
- 6) Ask to be clearly guided if there is any action that YOU need to take, in order for you to help the Divine Universe in its work. It is very important that you are in a relaxed place of peace and calm, when you ask this question, so that the answers can come from your Higher Self and not from the stressed-out ego part of yourself.
- 7) Once you have been willing to hand the matter over to the Universe to be dealt with, it is very important that you give it chance to get on with the job of resolving the situation. It is very important that you do not go straight back to worrying, efforting and trying to resolve the situation yourself.
- 8) See what unfolds. If you receive an intuitive prompt to do something, then it is very important to take action on it straight away. The shift has already happened, although there may be a time-lag before the physical world catches up, or there may not be any time gap at all and something may happen immediately.
- 9) Be willing to follow any intuitive prompts that you receive and to take action if needed.
- 10) Be grateful that the situation HAS BEEN RESOLVED. Allow yourself to feel that it has been dealt with.

For the Highest Good

When you ask for something to be resolved for your Highest Good or for the Highest Good of All Concerned, you must be willing to accept that the outcome may not be what you believe to be the best outcome.

When we were on the point of losing our home, we wanted to stay in the house because we did not want the hassle of moving and we wanted to stay near the children's friends. We did not want the embarrassment of having to admit failure to family.

However, we had to come to a place of accepting that we could lose the house and maybe moving would be the best option for us and our family. Our house is an old house and is in need of a top-to-bottom renovation, which is likely to cost a lot of money to do.

Once we were able to feel neutral about whether we moved or whether we stayed, then we were able to go to court, asking for the Highest and Best Outcome, give it our very best shot and be happy to accept the outcome – whichever way it went.

Accepting Other People and Their Behaviour

Sometimes, we are of the opinion, that the best outcome for us can only come about if someone else changes their behaviour. Whilst this may, or may not actually be the case, it can be very difficult to influence other people's actions.

You can send lot of positive thoughts towards them and visualise a successful outcome, where they do exactly as you wish them to do and sometimes that will work. Often it won't, as human beings have their own free will and ultimately are going to do what they choose to do.

If you have a situation where someone else is being difficult, the best thing you can do is ACCEPT that is the way they are, that is their chosen behaviour, the situation they are creating is as it is and there is nothing you can do should do to change that.

Once you can accept that person, their behaviour and the situation as it is, this is a surprisingly empowering place to be. This is because you can now view it more objectively and you can allow the Inspiration to come to you of what actions YOU personally can take.

It gives you a lot of inner strength when you are the one who is allowing the situation to unfold and going with the flow – without getting stressed out about it.

Conclusion

The process of Acceptance is very powerful. As strange as it seems, when you truly let go and ACCEPT the situation or person, you come to a place of peace and calm. You open the way for the Universe to help you and any actions that you then take come from a place of Personal Empowerment.

Many people end up in a place of Acceptance when there is no-one to turn to and nowhere else to go. It is, however, much more powerful if you can do the process consciously and use it in your life when you are not facing a major catastrophe.

Allow yourself to fully release situations to the Universe to deal with and you will be surprised at the results.

Meditation

I have designed the accompanying meditation to take you through this process and help you to come to a place of peace and acceptance over a situation where you may be fighting, resisting or efforting. Please enjoy it.

About the Author

Amanda Goldston BA (Hons)



I grew up beautiful North Devon, where my grandparents had a farm. I spent my summers climbing trees, riding horses and building magnificent playgrounds out of huge hay bales.

I graduated from Salford University with a degree in Modern Languages and after struggling to get a "job", I gravitated towards sales and ended up as one of the top sales reps in a large national window and conservatory company, where I worked for 6 ½ years.

During that time, I became fascinated with what makes people tick. I found that the more I could relax and visualize my ideal outcome, the more successful I became.

As a successful female in a highly male dominated industry I was on the receiving end of a lot of jealousy and highly destructive energies.

Learning how to protect my energies was one of the first things I learnt and now teach others to do.

This led to my interest in astrology, the power of names and numbers as well as a keen interest in energy healing and the awesome power of our thoughts in creating our lives.

I learnt how to read the Tarot cards and Angel Cards and found that my natural psychic and intuitive abilities increased enormously.

In my Changing Lives Coaching Practice, I help my clients to identify and clear Limiting Beliefs, as well as to develop Intuition and Creative Problem Solving abilities.

I am a great believer that our natural birthright is Abundance and that Life should be a joyous adventure, full of Laughter and Fun.

I live in Tamworth, in the Midlands, UK. I am happily married to Greg, my best friend for over 20 years. We have two beautiful daughters, whom we home-educate.

Greg is a talented, inspirational photographer and he helps me with all the technical side of my business, including all the artwork for my products.

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