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*Some people find fault like there's a reward for it. Zig Ziglar*

Acceptance, in spirituality, mindfulness, and human psychology, usually refers to the experience of a situation without an intention to change that situation. Acceptance is usually contrasted with *resistance*.

Acceptance sustains a peaceful mind. The peaceful mind has no need to pass judgment on others, but allows them to be whom they are choosing to be. Acceptance begins with self. If we can accept ourselves just as we are now, even while we're intent on becoming better in some areas of our being, we can accept others more readily. We'll have no need to compete; therefore, no need to find someone lacking as a way of compensating for our own feeling of lack.

Self acceptance is often much more difficult than it might seem. If acceptance feels so good and is so good for us, then why don't we accept ourselves? The answer is motivation. We use our lack of acceptance (punishment - cause it feels bad) as motivation to get us to do, not do, be, and not be what we think we should. Many people believe that if they accepted themselves as they are, they wouldn't change or that they wouldn't work on becoming more of who they want to be.

### About Walt Disney

born on December 5, 1901 as one of 5 children in Chicago Illinois, to his father Elias Disney, and mother Flora Call Disney. He studied art and photography, appreciated nature and wildlife. Although he lost out on Laugh-O-Grams, he went on and created Mickey Mouse, Alice Comedies, Flowers and Trees, The Old Mill, Snow White and the Seven Dwarfs, Pinocchio, Fantasia, Dumbo, Bambi, Wonderful World of Color. A legend and a folk hero who brought us closer to the future while telling us of the past, he symbolizes imagination, optimism, creation, and self-made success.

### Open Secrets – the Process of Acceptance

Acceptance exists at the core of your being. It is your default status.

- Know yourself and your beliefs
- Take a good hard look at your honesty level
- Know you are doing the best you can
- Relax your value judgments
- Examine guilt
- Understand your motivations
- Ask yourself questions about what you don't accept

### Interview on Acceptance

**Q: What do you mean when you say "accept yourself"?**

**A:** I'm saying that it's very beneficial when you love yourself. Accepting something is kind a like awareness with love. Accepting yourself is giving your consent. It's an openness to receive. It's a very different feeling than resignation.

**Q: How is acceptance different than resignation?**

**A:** When I think of the times I've been resigned to something, it had a feeling of hopelessness and despair attached to it. Like I was powerless in my life to create what I wanted. Acceptance has a very different feeling. It's powerful and self affirming. I'm not talking about giving lip service to the word "accept", but to really truly believe that the thing you're accepting is okay. That's different than resignation which is thinking something is bad, being unhappy about it, yet accepting it as reality you are powerless to change.

**Q: Are you saying I should accept even the parts of me I KNOW are wrong?**

**A:** I'm not saying you SHOULD do anything. I'm saying if you'd like to be happier, self acceptance is a step in that direction. "Accept" means to receive with consent. I don't see how it's possible for someone to be happy while loathing aspects of themselves. It's difficult to experience happiness and hatred at the same time. In the very same moment of time. And just because there are things about yourself you'd like to change, doesn't necessarily mean that aspect of you is "wrong". It's just not what you want to be. There's a difference.

**Q: What's the difference between saying "this is wrong" and "this is not what I want"?**

**A:** The difference is in the intention. One is judgmental, the other is not. Saying "this is wrong" implies there is a "right" way to be before you can truly love yourself. If you judge something about yourself as wrong, you're implying whether consciously or not, that you have to be a certain way before you can be loved. I don't know of any "right" way to be. There is only you being you and what you want.

Continued...



*Acceptance allows change. The 'acceptance mode' includes everything, even my judgments. It allows me to be okay now, even before I reach my goals. When you begin to accept yourself the way you are right now, you begin a new life with new possibilities that did not exist before because you were so caught up in the struggle against reality that that was all you could do.*  
Mandy Evans, in Traveling Free

### Lateral Thinking on Acceptance ...

leading towards change!

#### Charming a boggart!

A boggart (from Harry Potter) is a shape-shifter. It can take the shape of whatever it thinks will frighten us most. While sitting in the darkness within he has not yet assumed a form as he does not yet know what will frighten the person on the other side of the door. Nobody knows what a boggart looks like when he is alone, but when let out, he will immediately become whatever each most fears! The charm that repels a boggart is simple, yet it requires force of mind. You see, the thing that really finishes a boggart is laughter. What one needs to do is force it to assume a shape that one finds amusing. The charm is "Riddikulus!"

The power of building a level of acceptance about the fear we face and then reframe it to humor... without changing the situation, accepting it, and then looking at it from another perspective!

From the world of Harry Potter...  
by JK Rowling

### Interview on Acceptance ... continued

**Q: Okay, well how do I go about accepting myself more?**

**A:** I think it's useful to know why you don't accept yourself in the first place. Knowing your motivations can give you insight and sometimes eliminate any ill feelings you have towards those parts of yourself.

**Q: Why would I change something if I was happy or accepted that part of myself?**

**A:** Just because you are loving, accepting and happy with that part of yourself, does not mean you stop WANTING. Wanting is a much more powerful tool to use than say, using guilt to get yourself to change. You can be perfectly happy with yourself, I mean really feeling great about who you are, and still want things, experiences, qualities, etc.

**Q: Yeah but if I want to be different, I'm not going to be happy until I change.**

**A:** Again, I think that's simply using unhappiness as a motivation and it's not necessary. We use our unhappiness combined with our wanting, believing it will make our wanting more powerful or stronger. It actually weakens our ability to achieve. We don't have to make ourselves miserable until we get what we want. We CAN be happy in the pursuit of what we want, and it doesn't lessen our motivation one bit. I know this because I've done both, and being happy while pursuing what you want is sooooo much more powerful, you just wouldn't believe it! When you feel good you have lots of energy. Feeling bad depletes and saps your energy.

by Jeniffer from [www.selfcreation.com](http://www.selfcreation.com)

*"Everybody says it is good to meditate, and so you feel bad if you don't do so. The challenge of loving the self is to step aside from every thing you are told, and ask, "Does this fit me? Does this bring me joy? Do I feel good when I do it?" It is ultimately your own experience that counts." – Orin*

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### Old wine in new bottle – A Spirit of Acceptance

The Ford Motor Company launched a marketing campaign for the Ford Pinto in Brazil with hopes that sales would take off at a gallop. But enthusiasm turned to embarrassment when Ford executives discovered that "pinto" is a Portuguese slang term meaning "small penis." Ford quickly changed the name to Corcel, the Portuguese word for "horse."

Ford found out the hard way that learning customers' languages, including colloquialisms, is vital to international business success. But, just enrolling in a crash course in another language won't do the trick. As more and more companies go global, astute businesspeople are finding that knowledge about other countries' cultures and customs can enhance their working relationships--and thereby affect their businesses' bottom line.

**A Spirit of Acceptance:** The key to insuring smooth international relationships, lies in cultivating an open-minded spirit of acceptance towards other people and cultures. Acceptance and appreciation for other cultures requires willingness to explore and cooperate.

**To conduct business with people of other cultures, put aside preconceived notions and strive to learn about the culture of your counterpart.**