





When do we need to practice acceptance?

God is not trying to teach you anything when life is difficult. The Creator only recognizes your Divinity. Instead, you are instructing yourself to become aware of your Sacred Essence, and you are learning this in the theater of human experience.

Sonia Choquette – Soul Lessons & Soul Purpose

"I prefer it had gone another way, but since I can't change it (or it's not mine to change), then I detach (let go, accept) and move on." If you don't take the opportunity to develop, change, and grow from a negative experience, regret can become allconsuming. Identify why your regret is so profound and how it reveals smore about your personal values and feelings. Doing so can create greater self-understanding, more meaning, and purpose.

Iris Waichler – ChoosingTherapy.com

Accept the Truth of God

- 1. Accept the One Power
- 2. Accept the One Presence
- 3. Accept your Spiritual Identity

Our demand that life go the way we want is what causes so much suffering. Know that the degree to which you surrender determines the degree to which you are alive, the degree to which life can use you, the degree to which you can enjoy life.

Kute Blackson – *The Magic of Surrender*

I accept that...

- ...this challenge is natural to the physical dimension I'm traveling through
- ...I am not a natural-born citizen
- ...I let go of the limitation of this experience
- ...instead, I let God be God as me
- ...I accept the highest good that is here for me
- ...and I allow it to flow with clarity, ease and abundance.

In an argument...

- 1. What can I let go of?
- 2. How does Love see this?

Love recruits support and enthusiasm from every corner of the planet and the Universe. It is also the secret to charismatic power for the more you love, the more energetically attractive you become. You therefore begin to draw everything that you need directly to you.

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I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.

Matt. 6.19

