

# ACCEPTANCE



Questioner: “How can I learn to love and accept myself fully when I see in myself so many imperfections?”

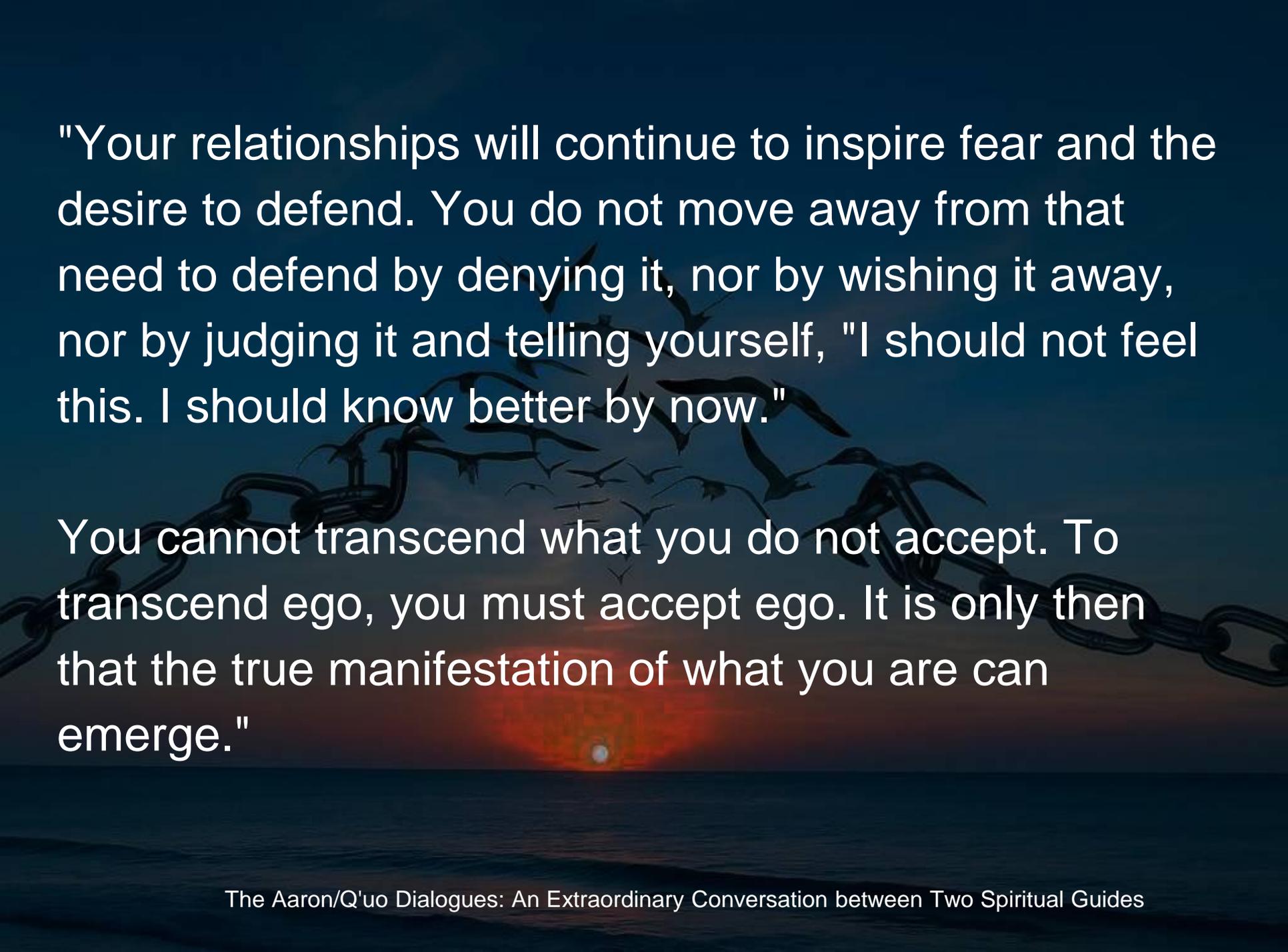


Q'uo: "We do not find it difficult to love your self.

We gaze at your courage as you walk in spiritual darkness, making choices by faith alone. We are deeply moved by the bravery of those who choose to express manifestation when it seems risky and almost hopeless.

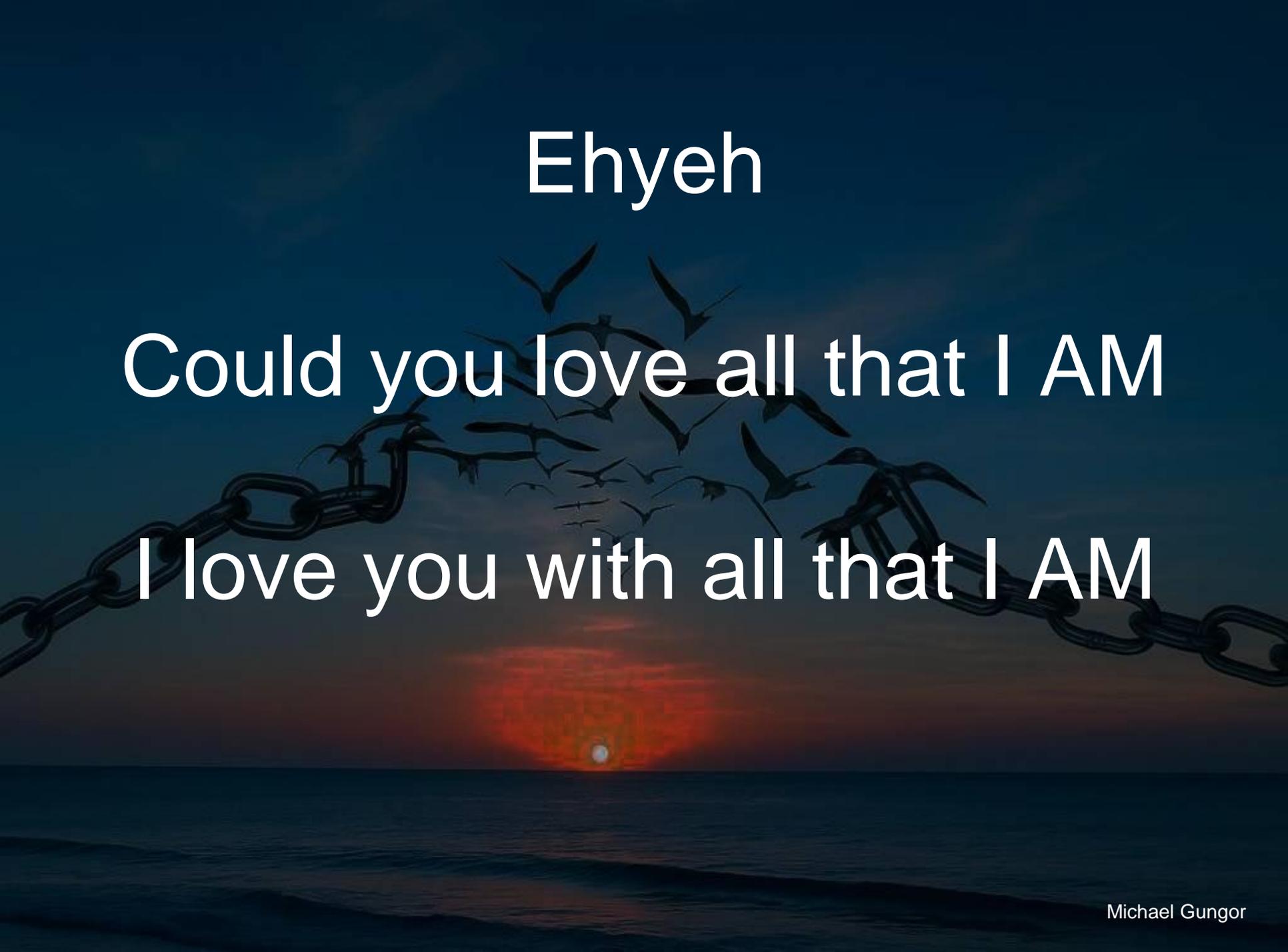
The solution to perceived lack of perfection is so simple that it escapes notice. This third-density experience was designed expressly so that perfection would be quite improbable. In the furnace of self-perceived fire, the fire of ever ongoing, never decreasing imperfection, the third-density spirit learns to become flexible, supple, and strong. Were an entity to express perfection in the third density, such a one would be responsible to all to whom that incarnation became known.

Such a responsibility is beyond the intention of your higher self at this moment. The imperfections of which you speak are your links to those to whom you wish to offer heartfelt love."

A sunset over the ocean with a chain and birds in the foreground. The sky is a mix of blue and orange, with a bright sun low on the horizon. A dark chain is draped across the middle of the image, and several birds are flying in the sky.

"Your relationships will continue to inspire fear and the desire to defend. You do not move away from that need to defend by denying it, nor by wishing it away, nor by judging it and telling yourself, "I should not feel this. I should know better by now."

You cannot transcend what you do not accept. To transcend ego, you must accept ego. It is only then that the true manifestation of what you are can emerge."

A sunset over the ocean with a chain and birds. The sun is a bright orange circle on the horizon, reflecting on the dark water. A thick metal chain runs across the middle of the image, with several birds flying in the sky above it. The background is a dark blue gradient.

Ehyeh

Could you love all that I AM

I love you with all that I AM

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