

# Acceptance

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## **Introduction**

Salaam and greetings to you my dear ones and welcome to you.

Dear friends as you live, you feel. And as you feel, so will you begin to heal. Indeed the process of healing is connected very deeply to allowing the shift of awareness and experience to occur in such a natural way that it becomes what is natural to you. This means being open and allowing of all your experience so that you may know it clearly: so that you may know how to respond, what to do in any moment regarding any situation, any depth or intensity of experience.

You live this life within your capacity to know and sense your experiences in varying degrees. There are experiences that are dense: those that are very physical, very heavy, very tangible and those that are more energetic, emotional, even mentally based. All of this creates a current which desires to move, guide and inform you each and every moment of every day. If this energy is able to be as it is, to fulfil its purpose within you, then of course things shift, things change, things progress. If there is any resistance, if there is any reason why this energy becomes complicated, held up, restrained, in any way, then of course discomfort occurs. The natural process cannot inform you, support your understanding, your comprehension of what is occurring.

There are many things you will feel and see and do that are going to involve very deep, very intense feelings. It is important not to hold too rigid a view about what is allowable, what is acceptable to you. If you hold a very strong idea around this; because it is a better look, because others will like you more, because you won't feel so sensitive or vulnerable, then indeed you are not going to have the fullest, most interesting experience. You are going to have something that is really difficult to comprehend.

In accepting any intensity of feeling, you are saying ‘Yes’ in the moment to what is, to how things are. You are saying ‘Yes’ to what is put forward toward you. You are not saying “Yes I like it, I want it” but you are in that moment more able to see clearly Dear Heart what you need to do. You are able to comprehend what you might consider you are up against. How much energy is something going to take? How deeply disappointing is something? How much does it matter to you? How important was it, how projected into it were you, how hooked into the outcome are you? You are going to learn about yourself each and every minute. You are going to learn about the various ways you might have sought to prop yourself up or make the journey less than it is or substitute in some way a more acceptable idea about what you are going to do and have. So acceptance is a vital subject.

## **Chapter Two**

It is a good idea to begin with what you perceive is acceptable to you. You are likely to realize that this is much smaller than the reality you come up against. You might say all right, only a certain amount of emotional challenge is acceptable to you, the rest you don't want to know about. Only certain behaviours in others are acceptable to you therefore you'd like to deny it happens at all. Or that others take actions that you don't like or feel difficulty with. Again it is important to understand you are permitted, encouraged to know what is right for you. To set a standard of how you want to live and be and yes it is likely to be different, contrasting perhaps to what others know. Again however, I want to encourage you to realise that this is inherently a personal form of identifying what you prefer to have, to do, to express. It involves your certain taste in things of the world, your belief around life - your life and how things are or can be and it is important to realise in this world if you can decide something is really right for you, you can guarantee somebody else agrees to the opposite. You can guarantee that your path in life is going to be challenged by many other souls who will say you are wrong, you are different, you are going in the wrong direction. They are going to challenge your ability to know what is right for you. Accepting this difference for yourself; for example that you have a different preference to others is all right. The greater step is to accept that others will not necessarily agree, that there will be others that will have a different idea, that have a contrasting idea to yours.

Let me give you a very personal example that you might relate to for yourselves. In your culture you find it very acceptable to choose things for yourselves alone and not share them, not have them readily available to the community to use. You value personal possessions. This is acceptable to you and you might say rightly so and you can justify all the various ways that that is so. And yet in other cultures of the world, to have personal belongings, things that you possess separately from others is unthinkable, would not be acceptable to others. Just as you would find it unacceptable that your precious things might be used by somebody without even asking. If you go to get it and somebody else is using it you might find that quite challenging. Others would find keeping things for your own use alone and not having it available for everybody else would be unacceptable.

So the first rule in acceptance is to understand, comprehend and agree that no matter what you find is acceptable to you, somebody else is likely to contradict it or they will have their own personal version of what is acceptable. And this is allowable in your world because you have a world of choice. You have a world where you are free to choose your own creation of life. You may find that what you like, want and agree upon is acceptable to others. You might find that there is some commonality and within that commonality you gain a sense of knowing and measuring your own values, your own sense of self, and this is highly beneficial. So I want to encourage you to recognize how important it is to know what you value - what is acceptable to you that you live by in your life, to know that and yet not hold on too tight to this. To realise in your life whatever you hold as acceptable has room for growth and change.

The nature of life means that at any given time something or someone is likely to come along and challenge what you find acceptable. It will be stimulated to expand, to grow, to see even greater possibilities than you knew before that. Therefore it is vital you are open, relaxed, not holding on too tight to your ideas that you know so far. Because my friends, what you know so far can be expanded on into infinity and if things are unfinished, uncompleted, then do understand, what is acceptable now will be unacceptable later on. It may seem to be a limitation to you. It may seem to become quite a constriction when compared to what you might desire in the future. So everything you know and hold dear, believe is acceptable to you now, is likely to change.

This sense of acceptance is governed by a feeling; by a part of Self that you really know and trust. You might feel it is located in your heart. You might feel it is located in your gut. You might feel it is located in your crown. For each of you the centre place of knowingness can be a different experience but there is a part of you that has a knowingness around what is acceptable and you refer to it at times almost unconsciously when determining if things are alright; if what is happening in the moment even if it is new, is alright for you, is allowable.

So it is vital to realise that what really allows the acceptance is the allowance of an experience. It is the allowance of the feeling, the allowance of the moment. Until you allow the energy and the feeling to be there, acceptance is going to be very difficult to reach. There is likely to be quite a restriction around what is occurring and therefore you are likely to impose conditions and limitations in order to keep things safe, controllable and within your reach, within your choice in fact. When you allow something to be felt in that moment, there is no fight, there is no resistance, there is only calm. There is only openness. Now acceptance ultimately means openness. Acceptance is the most wonderful feeling because it is not an external thing. Even if it is external - occurrences and people that are really challenging something new for you, acceptance is something only you can do. It is a place only you can turn towards and fall into within yourself. It is not about agreeing and falling in with others' plans and ideas. It is not about falling and giving way. It is not about falling with others. It is about knowing that it is something vital and important for you to allow to occur or to allow yourself to experience.

### **Chapter Three**

Many of you limit what you allow yourself to experience. Perhaps you get caught up in familiarity, in sameness, in patterns that feel comfortable to you and the moment you go to do something new, my goodness there is a lot of stimulation, a lot of desire to keep things familiar. Indeed if you are to do anything new at all you need to allow yourself to agree to a new experience, you need to be open to allowing it to occur. Any new experience will stimulate your neurological nervous pathways and therefore it is normal to feel a heightened sensation, a greater depth of intensity than before - because you are being stimulated all over again, in order to receive the fullest possible information from the experience itself.

If you were to perceive that you did all of your living only from your mind, then of course to do such a thing would not be known to you. You would miss it completely and you would consider that you are much too adrenal, much too frightened or nervous and you should take something to calm it all down and yet what is occurring is highly natural. You will find that your natural instincts will sit up, wake up and indeed the old energy, the primal energy to run away or to fight will be there for a moment and then because you are conscious beings, the opportunity to take this a little further is where your conscious openness comes in. Your curiosity, your interest in something new. But again, if there is any resistance to you experiencing new sensations, new feelings then of course you will seek to keep everything under control, particularly yourself.

Consider people you know whom like to be in control either of themselves or others, or both usually. Whom really like to have as much control over what happens, how and why and you will readily discover that these individuals have a great fear about experiences; a great amount of anxiety that they try to control. Therefore they will put a lot of effort and energy into controlling external things, external actions, external stimulus that others might initiate. And they will of course limit their own things so that anything new is not going to stretch and open them outside of what is known, familiar and comfortable. It is really the only way that these souls know to survive. However what began innocently enough; because of painful experience which was really assaulting the nervous system, creating all manner of trauma, really has put these individuals to a

highly alert state. And therefore it began innocently and yet a pattern begins to grow that says “I want to avoid such a feeling ever again. I don’t wish to have such intensity of experience because this is painful.”

So the only thing left to do for some who don’t know any other way is to become controlling, to try to control everything. This means accepting that things are difficult and require certain actions and responses goes out the window. A pattern instead of trying to be safe, controlling of others, using various methods to ensure that their lives are regulated or at least comfortable, is the pattern that life is lived out by. Such individuals that you might encounter are going to be very resistant to anything new, to any change you might initiate or indeed grow into yourself. Again, be aware of this. Try to see, to allow yourself to understand what has occurred and why, so that you may accept that there is a good reason. In fact the key to acceptance is understanding; to know that anything you are up against requires you to have knowledge so you know what has occurred, how and why and in that moment you have a choice. You can still insist it is wrong. It doesn’t fit what you want in your life, in your world; or you can look at it, realise you have all the information in that moment to base an assessment on allowing for difference, for challenge, for change and therefore you might accept what is different than you. You might accept through knowledge that it could be no other way.

Very often when there is an energy of non-acceptance, trying to change things, people, situations from what they are to the more desired way does occur. So this can put many souls into a habit and a pattern. “I don’t like it, I don’t want it” becomes the reactive catch cry and a lot of energy is put into resisting, avoiding, trying to do as many things opposite to what is really continually presenting itself.

Now your growth is going to invite you to look at change. It is going to invite you to understand that is the nature of life. Things are planted like a seed, consciously or unconsciously and that whole process unfolds in such a manner that you are encouraged to stretch and grow. And if you think “I don’t need to, I like the way I am, I want to feel my emotions are settled, I don’t need the growth thank you very much” you are going to start digging your heels into the ground. You are going to start wearing grooves in the

soil. You really are going to put brakes on your growth and indeed become resistant and yet, there comes a point where you might even do that for a while before you say to yourself “I am weary of this, it takes a lot of effort, a lot of energy, I don’t want to resist anymore” and ultimately you can accept that you don’t want to do it anymore. You can accept that it is tiring.

## **Chapter Four**



Of course many people try to override themselves and their feelings with the mind and so the mind will come in and contradict instead of saying what is honest and true - that you are tired and you don't want to resist anymore. Your mind might instead tell you "I don't want it anyway. I have changed my mind" and seek to preoccupy yourself with something else. But ultimately you cannot fool yourself. Ultimately that energy will stimulate you internally and cause you to really need to examine yourself and what you are doing. Again the entire process can become very challenging, very exhausting because it takes a lot of energy and all you needed to do was simply allow. But even allowing what you experience needs to be based from the part of you that says "It is all right, I know, I understand what is happening, how and why." Before you can allow any new stimulus, you will need to know where it is coming from, what is happening. If you have a fear of knowing, if you have a fear at all, then resistance to knowing will keep you caught in a cycle.

Allowance is the key -to allow the process of learning, enquiring; to allow the process of discovery of self and others and to ultimately realise the peacefulness of acceptance. Acceptance has presence. Acceptance is graceful. It is a surrendering process. It says "I recognize, see and feel the truth, I am not going to fight it. I am not going to try and change it. I am instead going to see how I want to respond, what I want to do in that moment." Even if you felt powerless and didn't know any answer, if you would give way gracefully to the truth, you would in fact support yourself much more readily.

Now very often life will present you with very sudden events, for which you cannot prepare, cannot take the time in which to work through in order to decide you will accept it or not. So it is wise to practice this on things you have a choice about so that when the things you have little or no choice about occur, you are going to know how to respond. What if you encounter someone unexpectedly whom is aggressive and the shock of this leaves you uncertain what to do, in denial that such a thing could happen? Your denying, your not wanting to know or see the reality of something can leave you vulnerable. If you know however and you accept that there are others in the world whom are not like you, whom indeed do decide to act differently towards others; you know this and you accepted

that this is a reality, a truth, then you are going to be surprised, but shock will not render you powerless to respond in support of yourself. That is the difference between those whom become a victim to a situation and those whom are really able to support themselves. This is true whether it is a physical occurrence, an emotional occurrence or a mental occurrence. For many of you the simple act of encountering someone rude renders you speechless unless of course you were in a bad mood and then you might be tempted to join them. However most of you in that moment can find it so challenging to accept that others might be rude to you, that your shock will render you for the moment powerless.

You are not able to support yourself very well in that moment and what tends to happen in humanity Dear Hearts is that the only way to support yourself is to retaliate, to join and fight back. Because the resistance to accepting someone else is in a very bad mood and would have the audacity to talk to you in a different manner shocks you so much, you think that the only way to support yourself is to throw it back: the words, the feelings, the energy you have received. The only way to disarm truly angry people is to remain calm. Is to remain constant open and loving within yourself, unshocked, unchanged, by another's choice of action.

So this is your challenge in your growth and progression; to move out of unconscious behaviour into behaviour that is more conscious and the greatest mark of this is accepting someone else's feelings. To accept someone else might have a struggle with something and you don't. What are you going to do? Are you going to react and therefore judge and criticize them or are you going to allow someone else to have a different experience than you and therefore continue peacefully in how you interact? Because my Dear Heart, you are incarnating in a world, in a dimension that has many different levels of awareness and consciousness. You are going to bump into people everyday whom are vastly different from you. It is going to be very pleasing when you encounter people of a like mind and heart, but you might also decide sometimes that it is few and far between. What are you going to do? Deny that the rest of the world is different than you and only see those people you prefer to see, narrowing and diminishing your experience of life, or

are you going to accept the differences; the things that are going to happen that will challenge you.

## **Chapter Five**

Now taking this a little step further Dearest Hearts, it is important to understand that no matter whether you find it easy or not to be in this world: to have your life, to be yourself, to have your feelings, it is imperative you allow yourself to feel everything you feel, to allow the feelings to come and to go. To know that they are not designed to remain constant in the moment. If you have a good feeling you are not supposed to hold on to it and nail it down and make sure it doesn't go away, just as you are not supposed to get rid of a bad feeling. You need to be able to know you can open and engage with any experience, any feeling you have. Gain understanding from it and then without any decision on your behalf it will go, it will shift, it will change. However you have to be willing to allow yourself the whole capacity to experience life. You have the greatest ability to experience the highs emotionally. You have a greatest capacity to know, feel and experience joy and love that for a moment you might think the angels are truly able to sit in clouds and strum upon the harp. You are also able to experience the depth of difficulty and despair, fear and worry right to the very core of your being and really believe that life is the worse thing you have ever decided to do. You can choose both levels.

You have a capacity and what you are learning is how to find your tune, how to find your emotional song. How to know your life is played out with high notes and low notes. Not always low, not always high, but a mix; a colour of all. As it is said, light and shadow are a part of this world. Good and bad are part of this world. You have a capacity to know all, to know, to experience in some way the greatest of things and the worst of things. Your capacity to know, to experience the worst of things is not always a reflection upon you and who you are. As I have said already, people around you will do things, threaten things, hurt you or attempt to, not because you are a lesser person but simply because that is the capability of the world. That is the capability of humanity. How you respond to that is what you are made of. How you respond to your experience is a reflection of your consciousness; is a reflection of your capacity to allow all the scales of life to be played. Yes indeed, some of the ideas about the potential of life, the potential of humanity, these are worthwhile, these are valid. But on the way you are going to fall over and you are going to rub the skin off your knees and it will hurt. Because you will fall down, you will

experience the pains, the hurts of life equal to the amount you are able to experience the joys, the passions, the loves of life. What you choose is your choice Dear Hearts.

You have the capacity to decide what this life is going to be like. You can put a lot of energy into resisting the things you don't like and saying "I don't want it, it is not happening or I really wish it wasn't." But if it is and outside of you life is going on in a way you don't like, you have an ability to do something about it; if not outside yourself then at the very least, inside of yourself - to choose to be peaceful inside. To choose to allow what you are feeling to inform you, guide you, is the only way you are going to know how to navigate emotionally, spiritually in this world. And ultimately, if you are willing to accept all the experience you have, all the feelings, then ultimately, it is going to ask you to accept the things you are good at; the things you are strong with, as well as the things you find difficult, the things you feel weakest at.

It is not a good idea to resist these parts of self that you don't like and don't feel good about. That is your growth potential. That is like saying "I'll cut off the buds because I only want the blooms. Indeed, I'll cut off the buds because they are weak and vulnerable, they haven't flowered yet. I prefer the blossoms." Forgetting that to get the blossom you need the buds. All those things you feel most vulnerable and challenged about, accept them. Accept the potential. Accept the possibility. Anything you don't like, you have the power to change. When you are concerned about things about others my Dear Heart, you have no power over at all. Can you accept that? Can you accept that there are going to be things people will do and say and be that you will never like, but you might accept? Accept that this is who they are. Accept that this is their learning. Accept that this is their control. Accept that that is their weakness. Accept that they are trying too hard, that they are doing their best, because the other alternative is to judge.

Question from audience:

*I have just noticed that when I am experiencing something about myself that I have difficulty with, and in allowing, I go through the Pascha Method and the acceptance*

*part; then I go on to ask given this, “This is how I am and this is what I am experiencing. What can I do to support myself and what am I needing?” And sometimes the response to that seems like I am trying to change it, to get rid of it, do you know what I mean? So it has a not so positive effect.*

## Raman Answers

This is because you are hungry for the end result rather than allowing the experience and therefore the learning about yourself that comes through the experience. Know what you want as an outcome, but be aware of where you are in the moment. Take care of the part of you whom likes the idea of the outcome but feels it is such a contrast for you to be where you are in that moment. It is important to realise that allowing any feeling you have, to be there, means being willing to feel it. Allowing the experience of what it means to feel it. Physically allowing the sensations, physically allowing all the thoughts and the stimulus it brings you and ultimately accepting that this is the reality. This is how things are for that moment. Acceptance doesn't mean that it's forever more. It simply means I am not going to argue the point. I am not going to deny it. I am not going to wish it were different and hurriedly try to change it or get rid of it. Because if you do, you are telling yourself you are wrong and that sabotages you taking care of yourself.

You are telling yourself your feelings are bad. You shouldn't have them. Again, it is difficult to accept the way you feel if in the background your voice inside your head is telling you “You are wrong, you shouldn't be doing this, you shouldn't be feeling this way.” If you are you better really admit it, yes? You'd really better be honest and say “I am feeling really down, I don't want to be but I am.” You would like to be feeling better, but if you rush past feeling down, the part of you whom feels down for a reason - and there is always a reason, always a point, no matter how big or small, won't feel heard.

It is like brushing away an annoying little child who keeps pulling at your robes, yes? And all it wants you to do is pay attention for a moment and all you are doing is saying “Hurry up and grow up. Don't pull at me. Stop holding me back. Stop making me feel

bad.” And in that moment you are dreaming of the day the little child is the adult and is taking care of itself. So it is wise to stop and attend to the part of you whom is feeling distress. The feeling that is there is connected to a very valid, a very real experience. It will change itself. Don’t try to change it. It tests you to find out, are you going to respond in a loving and responsive way to yourself or are you going to fall into a pattern? Are you going to fall into doing something you really don’t like doing, don’t like yourself for doing?

When you stay open to yourself, what happens because of that? In remaining open and supporting of yourself can you accept that the part of you that has been asking for loving attention really knew what to do - that you could accept this need. Act on it in a way that says “All right, I am not going to strive, I am not going to try too hard. I am just going to love and support myself” and indeed you were open to receiving love which allows this to occur? But first and foremost Dear Heart, are you able to love yourself, to take care of yourself? Self-abandonment is very painful. You really have to take care of yourself no matter what others are doing around you and not looking to test “Am I lovable, will others love me” before you will love yourself more. You need to also accept that you need love and that you would really like to be loving to yourself. If you can accept that this is worthwhile then you will surrender; you will really let the process happen, you will allow it in that moment and that is the key.

You see what I notice you do is you keep being open to see, will you receive love from others? You reach out in a way which is not taking care of yourself, or taking responsibility for yourself and that can test the process. So it is important not to abandon yourself. To realise that your lesson is love yourself and stop measuring your worthiness by how others respond to you or whether they will really love you or not. That’s the key. But you are going to need to allow the feeling of that inside. Self-acceptance is an important aspect, but if there is any part of you that you really don’t believe is worthy of love, you are likely to abandon that part of self, tuck it under your arm and hope it goes away or hope no one sees it. The unfortunate thing is everyone wants to know what this bulge under your arm is because it is more visible than you know and you keep acting

around it. Trying to pretend it is not there because you won't accept the part of you that is tucked under your arm. The likelihood is others won't accept it either because you are saying this part is not good enough. You start acting as if it is not good enough and before you know it, people believe you. But if you decide you are, well, the opposite occurs. So this really asks for self-acceptance. Acceptance covers a lot. It involves: self-acceptance, acceptance of others, accepting how you feel, not resisting this, not trying to change and making it look better than it is but working with what is.

Dear Heart, you cannot control your life. You have a choice about how you live it. How you respond to it, but everything that happens around you, toward you, you have no choice over. And yes it would be very nice if bad things wouldn't happen but you are not always going to have such power that you will not experience fear or grief or loss. And you might say "Why can't I just experience all the good things, all the nice feelings and I will accept them happily." Again, why are you being so selective? Why are you being so selective that you're deciding what is good or not, what is allowable or not?

*Question from the audience about missing the love of a grandmother who has died.*

Can you feel the role she played, the loving presence she had in your life? What you received you would want to keep in your life, you would not want to lose that, so in essence it is a great loss. A grief for not just your grandmother but for the feeling you received and indeed, because you've held on to this, it has been very difficult for you to be open to any alternative source of love in your life. Dear Heart, the universe would never be so cruel as to nourish you in such a manner and then close the door, take that dear soul away and not open up another one for you. But by holding on to the grief, resisting the acceptance that her journey had come to an end, then you are focused on holding on to that one energy and therefore what is available to you, you have not opened to yet.

*Question from the audience about being able to grieve for her grandmother.*



It is not so long ago that children have been rather exempt from the grief process. Let's not tell them, we will just say 'grandmother went to sleep and unfortunately you cannot see her again'. So when you are not told truth, as lovingly and clearly as you might need, then of course your ability to accept the reality is denied. And your need gets caught up with and coming up against what you cannot receive. So it is quite a challenge. Your task will be to acknowledge how you have really felt. What you have missed and what you still need. And by allowing that feeling, ultimately, you will come to a place that will allow you once again to not only open to another source, very like her in your life, but you will also begin to feel her loving presence spiritually with you. And therefore receive a very similar feeling that you have known. So in a moment as we have an exercise together I want to encourage you to have the feeling that you have carried. The feeling that you have grieved about, mourned for and can once again allow yourself to have. The very thing that causes you the pain, is the very thing that is going to be your healing dear heart.

I am not asking you all to feel saintly and for things not to matter very much. Because of course they do. And well let's agree together human life is rather dynamic, is it not? It is rather intense. And again and again, you will find yourself stimulated; you will find yourself very very challenged where your growth in this life is concerned.

*Question from the audience about being overwhelmed by his senses at times and how difficult this makes it for him to be here.*

Dear heart in that moment you need to do something that people have termed ground yourself. In other words you need to breathe, smell the air and get back into your body as quickly as possible. Because what is occurring dear heart is that you are operating only on your energetic senses. And therefore your perception of the world, its heaviness, its absolute earthiness will become abhorrent to you. So it is important to find the balance. To realise that this is a natural process, and if you can find the balance, accept the nature of the world, accept the nature of your body, accept the nature of life in this world. Don't resist it, don't be repelled if you can but embrace it, embrace the beauty of spiritual

energy in life, spiritual animation. And in that way you will find yourself a wonderful balance and you will be able to be very physical and yet keep open to the part of you that is very spiritually awake.

That is the point, because if you don't dear heart, it will become very difficult to continue living your life. You will want to become a hermit. Dear heart can I assure you that it is quite all right to relax, that your spiritual growth is going to occur and can I say just to relax your focus on things spiritual, I am not saying don't pay attention to them, but 90% of your thoughts and your focus each and every day is in this manner. I want you to try to bring in the balance. Really look at yourself in your life, what, where are you really best to live, what in your life needs attention. Let your spiritual awareness guide and support your life. Let it work for you. It is not about lifting yourself out of your body, getting as spiritual as possible, so that your human life is untenable. It is about creating a wonderful balance so that the mysteries and magic of life are lived to the full. And then you will find your nervous system will settle down again.

If you would like a little help while you sleep tonight, I will see what I can do.

## **Chapter Six**

Now my dear friends, I want to encourage you to take a moment again to consider what you are really engaged with at the moment regarding acceptance. Is it self-acceptance,

something about yourself, or whether it is something about another that is your greatest teacher of acceptance right now? Whether it is something about life, your life and all the world around you. Perhaps it is the nature of life, anything that stimulates you is a good teacher for you at that moment. But acceptance allows everything to be as it is, to fall where it needs to be more easily seen.

Let me give you an analogy because I had a recent excursion into what you would call deepest, darkest Africa. A very interesting country and continent and I sat over the shoulder of a gentleman I believe you would call a witch doctor. Most interesting chap and he has a habit of throwing bones on the ground and scaring people. People respect him because they are afraid of him. And I have been whispering rather strongly in his ear, as have his guides. Because rather than bones falling where they will, he likes to stage it a little, he likes to ensure that some bones will point a certain way. Not a good idea. Anyway, it is his learning. He is learning to accept where things will fall of their own volition because he needs to tell the truth more often and he has been frightened of dealing with other people's reactions. So he stages the sandy ground that the bones fall on in the hope that some will fall upward not downward etc.

Now, that is not acceptance, if you try to mould in anyway your preference, you are not accepting things. If you let things fall where they will, there is a certain very beautiful art that allows trust to be a part of your journey. It allows you to trust the way life works. The way things will occur if you let them, if you allow them. Dear heart, more good things than bad are likely to happen to you and those you love. Why, because it is the nature of life to grow, to heal, to repair. Life in its essence is not about distraction, it is not about retribution, it is not about hurt or harm, life in its essence is about a most loving and abundant energy and if you try to remember that in the midst of your struggle, then you will start to realise that accepting yourself, accepting what is for you in that moment, what you feel, what you think, what you are afraid of, what you hope for, if you accept it, it is more likely to help you. It is more likely to generate love, you are more likely to be peaceful. And from a peaceful, calm perspective, so much more is seen. So much more is understood.

I will add that this gentleman is beginning to get the message which again is a very good thing. Because he has such a power over people and that power has an influence over lives, not just in how they live but whether some people live or die. So this gentleman has a lot of power indeed. He is one of my students. If you like I have a very mixed race class, if you like to put it that way. And so when I say one of my students, in his night time excursions his soul likes to come visit my garden and listen in, and you might see him one day, he is the chap with the very large piece of bone through his nose. Not many people wear such jewellery. And indeed I am sure it hurts quite a lot. Yes indeed, but he is also what you would call a black man, so black that his skin shines blue, so he is quite a beautiful man at the same time.

*Question from the audience. If he lets the bones fall naturally they come to a point and that will be accurate are you saying.*

Oh yes indeed, that will be accurate but he has been unwilling to accept the responsibility and the outcome which is creating more difficulty and complications for the people who seek out his counsel than would be otherwise. So he is being encouraged to trust the process and not worry about the reactions. But the culture where he lives indeed these people they can be rather violent, they can be very aggressive and angry about what is said, so of course he has some concerns for his own welfare even while he wields such power. Not an enviable job I am sure.

Now then consider what you want to accept. What you would like to know acceptance of? Give yourself permission to notice for this moment how you breathe into your body, how you breathe out. Really give yourself permission to find a very comfortable, very relaxed space in this moment. I want to encourage you to hold in your mind the awareness of what it is you are wanting to accept; what it is you are hoping to understand and give yourself permission to know that what you feel and what you see is in fact how things are. You might acknowledge the part of self that says “I still prefer something else. I still know what I hope to move toward. I know what my goal is.” Really, really

acknowledge this. Really trust that this is giving you a purpose; a direction that comes very gently, very lovingly back to what you know you feel challenged to face. Give yourself permission to allow yourself to feel it; to allow the experience. Is there any feeling; any part of the feeling, any sensation you are resistant to, reluctant to hold? Is there anything at all that is challenging and difficult for you? Give yourself permission to notice the feeling, the sensation. Be as open as you can to allowing this. Take a breath.

Any moment you notice something feels difficult for you, take a breath. When things are easy you relax and your breathing is better. When it is difficult, consciously remember to breathe. Take a breath and do all you can to support yourself this moment. Allow for the feeling; allow the feeling. Feel how this energy moves into your body. Where in your body you might feel it the most. Notice the thoughts that come and again in this moment give yourself permission to let the feeling and the energy move and grow. As much as you can, try to relax. As much as you can allow the feeling, allow the experience. Notice any reluctance, any resistance, just the feeling that comes and try in this moment to remember you have a choice. You have a choice. Are you willing to accept the feeling? Are you willing to allow the feeling and accept what it allows you to know; of what it brings you to know in this moment?

It is in your nature to be open. It is in your nature Dear Hearts, to feel. It is in your nature to seek understanding; to accept the way you are in this life. To accept the points of difference and difficulty around you and if you don't fight against what you see and feel, real choice is possible. A real action becomes clear to you. A knowingness of what to do crystallizes, energy floods your body and again in that moment obstacles come back to size. Everything falls back into place. A real allowing of life to be moving around you without any preferences projected about how things are supposed to be but about how things are. You can make no choice to change anything for yourself: to speak up and verbally support yourself, to take any more supportive action until you stop and you see what you need to do - what you need to attend to in front of you this moment. Feel this my dear friends, allow and trust the feeling. This feeling cannot hurt you. It cannot harm you. It may be intense. It may be very strong. It may be disturbing. It may be

uncomfortable. It may simply, simply talk to you. Can you hear it? Are you willing to listen to yourself?

Remember your feeling is you; is a part of you not to be got rid of as though a part of you is not welcome but to be embraced, supported, welcomed, for the infinite wisdom and information that it brings. Your life is a journey unfolding in front of you. If a boulder comes into view, don't curse it my dear friends. Make a choice. See it for what it is: face it, know how you feel, name what it is - the rock in the journey and then you may decide: climb it, or go around it, or sit down and rest a moment but don't push against it. Don't try and push it out of the way. Don't wish it wasn't there. Welcome this as an opportunity. Welcome this as an opportunity to learn, to grow, to find a resource within yourself - your own wisdom, your own understanding. You are a very powerful, very wonderful, very loving being whom possess infinite knowledge. You are learning to hear this knowledge: learning to access it, to know and trust but also accept that your answers live within you, that you know what is best, what to do.

## **Chapter Seven**

Anything else, any resistance goes against your very nature, your very being. This is why it too, is deeply uncomfortable and disturbing. Trust yourself. Trust your loving capacity

to grow, to reveal your answers, to accept what you can do and to accept what you cannot. You have infinite wisdom in knowing this. The moment you enquire, the moment you begin to open up and allow, your whole being wakes up - your energy changes. Your consciousness expands and not just you, but your guides and your loved ones. They all gather around you, welcoming this growth in your energy and your light, because at that moment you are more fully, more truly yourself than at any other time. Your energy grows and enfolds you and all possibility opens before you.

Therefore my dear friends, to breathe gently and deeply, allow what naturally, naturally, occurs and enfold inside of you. Feel the expanded view and perspective that now begins to grow before you, as you let what is be, before you - the gentleness of your life, of your journey; this most wonderful, beautiful process. Allow the feeling, allow the sensations. Let go Dear Heart, of any at all pain or tension. Relax; let go, let go. Know this and believe you can let go. Do not hold on too tight. Let what is unfold. Let what is be and all that is will reveal itself to you. Accept and allow, accept and allow. Know inside of you what it is you most need to do in support of yourself.

Allow yourself this moment to be open. Open to all that may now come to you. All that you begin to feel; all that is possible this moment now - allow the openness. Let yourself feel how gentle, how graceful the openness that comes with accepting can be. Your openness allows much, much more my dear friends, when you accept. All manner of assistance spiritually, energetically comes close to you. Feel now what comes with openness. Allow yourself to begin to feel the gentle rising of energy. The most loving spiritual presence surrounding you, to hold and support you – to guide you into the next step: to support any action, any decision you might need to take now. No matter where you feel you are in this process, feel those whom come now this moment to be with you, because your heart opens; because you allow, because you are willing to accept. Because you want acceptance, you will be assisted. Any moment you reach to attain those levels of awareness that are akin to your spiritual nature, you attract the most beautiful attention from those whom know and love you best, who know and accept whom you are without

fail - with all flaws and difficulties. Know this, know this and love and trust as much as you can each step.

Each openness you take and allow lets more of you - more of love, more of energy to come close to you in return. Let go my dear ones and feel the growing energy you gain in exchange for acceptance. As you turn more towards yourself; as you surrender within, your energy is free to move to guide and inspire you to receive all that you may receive. Know this my Dear Hearts. Know this love and trust in this. As you breathe out, let go. As you breathe in, receive what now comes to support you. Feel your need and breathe in. Allow in all moments for your capacity to be open and accepting. Allow yourself to trust that this is a strength; that this will never leave you vulnerable or weakened. This is the feeling of Self you wish to reach toward and attain. To no longer fight: to not push, to let be and therefore find peacefulness within yourself, so that your peacefulness is most natural to you.

In this moment of course, give yourself permission to realise how it is you are feeling. To realise any part of self whom might still hold a little tight. Be nourishing, be nurturing to this part of self. The part of self whom holds memories: holds pain, holds difficulty and will need your gentle and regular attention in order to fulfill and complete a healing process. Of course when you have been ready for acceptance, the gift of release is indeed a relief. To no longer need to worry or feel anxious but be open to what comes new, clear and fresh for you in life.

In this moment Dear Hearts, breathe into yourselves. Breathe into your body and allow yourself this moment slowly and gently, to gather together again and yet remain open as you do so. As you feel the body you live in; as you feel the room in which you sit when you feel those around you, do not close down. Stay open. Allow any feelings you have to remain with you. Be open to yourself. Be trusting of how this is your strength, your energy, your courage. When you accept, you are then ready to know the step or steps you may take. Trust the first things that have come to you: the need to speak up in support of yourself, the need to put a boundary in place; the need to make a decision and then follow



it through, the need to commit in some way for yourself. The need and the desire to trust your own wisdom, to know what is right for you. To trust yourself with your feelings, to rely upon what you feel to guide you to develop your inner relationship with yourself. Again not doubting yourself because through openness you will relax. You will trust.

Your task my dear friends, is to remain open and willing to be relaxed as often as you can. To notice what it costs you to hold tight. To notice what it costs you to resist; to deny, to avoid. Again, as you bow before that which is the reality for you; it doesn't take control of you, it doesn't dominate. It won't demand, it won't grow larger or more powerful. You will see it more clear than you have ever seen it before. The nature of what you found difficult becomes known. The nature of what you don't want becomes known to you. It is natural Dear Hearts for you to find it difficult to let go. How can you let go when you don't know what you next may receive? How can you let go and accept nothingness when you have a need to have something.

There is a moment in this process and you will know it when you reach it, where there will be a pause: a moment of void, the gap, the space in between where you let go before you receive. And that pause, that place of neutrality is the feeling of peace that is so strong that it allows you to open up and receive. As you open to where your moment of pause is, your mind might tell you, you have given in. You have given up, but what you are doing is really making a conscious choice. You are choosing energy that carries you forward: holds you, nourishes you, supports you. You are letting go of energy that tires you, wears you down, costs you in so many ways. The more you practice acceptance, the more energy you will have; the more you won't fight against things and people. The less you will fight against feelings, the more you will accept the nature of how you exist and indeed what you may do and achieve. So powerful it is in every way.

Again, I give you permission this moment to remain open. In this moment you may request those whom are with you in spirit to really let you feel their love and their presence; their wisdom and their guidance for you for the next step that you take. Allow yourself to trust your feeling, your perception. Here you have an opportunity to accept

that they are present. No matter how you sense and feel them; it is through your willingness to accept their presence that then you are open to feeling and sensing the subtlety, the generosity of their love for you. My Dear Hearts, acceptance is the answer to many things that will trouble you in human life. Be gentle with yourselves and allow yourself to do what you are able to do.

## **Chapter Eight**

*Question from the audience about healing an injury.*

Well, it is important to realise that because the bones are not set, then of course energetically, they cannot heal in the manner that you can expect. So of course it is important to be a little patient with this process; that is something important. At a spiritual level I would encourage you to embrace the acceptance of what you gain instead of what you thought you wanted. And that is that in all things you accept you will receive something even if it contradicts what you thought should happen. So what you will find is that this experience has reached a very deep level for you. It has penetrated the part of Self whom has really needed to know he can trust his life; that he doesn't need to push too hard to make anything happen at all and that it is safe to take care of yourself along the way and therefore from here forward, not only are you having to take care of yourself physically, you are currently learning how to take care of yourself in every way. On all levels and you will not forget this now and you are not likely to repeat it because you are accepting the learning. There is no need for it to reoccur and therefore you can anticipate growing forward; moving on from this part of self, this phase of life. So it gives you an opportunity to study this and of course it is physically painful and it stretches you each and every day. Dear Heart, in this regard you have experienced a deep, deep physical pain and it is important to realise at the moment that your body has been supported energetically, it has been shielded and it is also going to wake up. So it is very important for you not to become complacent to believing that there is no discomfort. Because you have shown it to yourself that indeed it is broken, therefore try to work consciously with this because the process allows you to do this each and every day, to study and stay in touch with the learning.

*Question from the audience about a feeling of pressure around some feelings.*

So it is important that you allow these feelings to be felt. To be known by you this moment, without any effort to change it Dear Heart. They won't feel good for you; it won't be tasteful for you, but it is very important to acknowledge the part of you whom feels this. To realise that it is connected to a younger part of self. To recognize that in

this moment all you need to do Dearest Heart is let the feeling be here. Then the invitation is - can you accept that there is a part of you whom feels this way?

Of course you might need to revisit why it is here. What it is connected to inside? To really ask yourself, “Why am I really feeling this way?” without censorship; without your mind saying “I don’t want to feel this way,” but to really say to yourself, “I don’t want to but I do.” so that you are not back and forth with yourself. So that you are not fighting with yourself over how you are supposed to be. Just gently know that this moment you have an opportunity to let your feeling be. To really know what it is and when you are ready, let it go. Relax about it; you will find you don’t have to do anything with it or about it. Simply accept it and you will already in the very moment you accept see an answer, a solution for yourself.

Do not put pressure on yourself to hurry the process. Do not put pressure on yourself to have a certain time frame. If you are trying to contain it, it is the equivalent to trying to put it in a box for later. Indeed, acknowledge how you feel and know that life continues and indeed you need to carry on with life. If the moment doesn’t feel easy - to look at it, but don’t contain or try to control it; simply let it be, let it be what it is. Dear Heart, if there was a wild woman inside of you I would still be saying to you “Let her be, don’t let her loudness and noise get to you. Accept that there is a wild part of self who wants to talk to you, to tell you why she is wild.”

Again nothing to do: just to listen, to feel and to allow it. You will find that as you will learn to be more allowing and gentle with yourself, you will do this with many parts of your experience; many parts of yourself in life. When will it end - when you leave this world because so long as you are human, you will feel, unless of course you try to dull the feeling in some way? The way that you all like to do: a little wine each night, or a little chocolate, or a little distraction. No matter what it is, it won’t work. It won’t go away permanently and the feeling of pressure remains. So whenever you feel a pressure it is a warning; time to take care, time to listen.

Dear Heart, tonight when you go to bed give yourself permission in that moment to relax; to not try to work it out or do anything else with it. Just to let the feeling be there and then come and sit with me in my garden and when you awaken in the morning you will have a clearer sense of what you can do, all right? But try not to get in your head about what this is all about. The mind won't work it out. Try not to react to the feeling. Try not to contain it and control it. Again, yes it makes you emotional and yes it doesn't feel comfortable but let it go as much as you can. Remember my dear, it will change.

All right Dear Hearts, I see you are getting ready for your night to end. So indeed I will leave you here. I want again to encourage you to remember the mark and the expression of an aware soul is the degree to which you can live your life peacefully within yourself; that you are not battling with yourself. How do you do that? You give way inside: you surrender, you don't fight or resist with yourself. Make peace with yourself and it will be easier to allow others their points of difference. It will be easier to accept what others will choose to do that you will not choose. And remember, my love is with you always.

Salaam to you my dear friends, Alieikum Codafez.