



## Lesson 3

### Accept and Allow

As the creator of your own dream you have the ability to craft it as you wish. Knowing and believing this fills us with excitement and anticipation at the idea of what is possible for us to create. Yet there are so many things we do not enjoy, and we do not want them to be the way they are. We jump to action and begin trying to change everything. "I do not want this to be this way. Instead, I want it that way." We resist the way things are, and demand that they become something they are not. In the process, we create frustration within ourselves. From this place we are in conflict with life and ultimately with ourself. This will hinder our inspiration and our harmony with everything around us.

Riding the wave of life requires us to be like water. We may ebb and flow with what is, yet we also have the opportunity to choose which way we will travel. We can decide which creek to run through and which tide to flow with. The choice is ours and allowing things to be as they are is one of the first steps to ultimately living in total joy. When we are in harmony with all of life's experiences, we are truly at peace. When we accept what is real in front of us, not how it should be in our mind, we can see our unlimited opportunities from this place. Not "I wish it was this" or "I want it like that", but what is truly in front of us to choose right now. Each day we will have new and unique experiences, and with these new experiences we will attract new choices into our dream. However, these new things will come about in the future. For now, we can accept things just as they are in this very moment and enjoy each and every experience. When we learn to accept everything just as it is in its perfection, we have a much greater success at directing the flow of life in the directions we prefer.

The things that exist in our life that we so desperately want to change are exactly the things we are judging, we fear or are resistant to seeing. When we judge an aspect of ourselves as bad, less than or unacceptable, we place it in a box that we do not want to see. We believe it is ugly, embarrassing, wrong, immoral, a failure or a weakness. We try to hide it from everyone, including ourselves. We try, unsuccessfully, to convince ourselves these judgments do not exist, that we do not really feel this way about ourselves or that these situations never occurred. Until we fully accept all aspects of ourselves and allow them to exist as they are, we cannot even begin to change. At times we may be too blinded by fear to see anything truthfully and honestly. At these times, our awareness is not illuminating our path before us. When we are seeing everything through the eyes of fear and are very resistant to accepting everything the way it is, we will be unsuccessful at making any real change. It is like trying to change your life from a place of blindness and emotional reaction.

Your body will indicate to you if you are in a place of fully accepting everything as it is or not. Use your awareness. You can feel it in your body if you are resistant at all. You will know when you are lying to yourself about something. You will be able to feel the difference within your own body if you are going with the flow of life, or when you are fighting against the current. The truth does not need anything. The truth does not even need you to believe it. It just is. When you embrace what is true, even if it is not what you would prefer it to be, your body relaxes and floats effortlessly with life. If you resist truth, your body tenses and prepares for battle to get what you want it to be. By resisting truth, you are filled with disappointment and hopelessness, simply because you believe it is wrong just the way it is. The circumstances before you are irrelevant, but by listening to your body you will hear where you are at on the scale of acceptance. Your body will help you to see with clarity what you are believing and acting upon. What feels better? Accepting or resisting?

Imagine floating down your river of life. It is your river. You provided the design, all of the contents, and even the strength of the current. You can float downstream with the current. You can swim back and forth across the current from one side to the other, exploring everywhere. You can try to swim upstream against the current until you exhaust yourself, if you like. There are big rocks in the stream. You can bang against the rocks, because they are in your way. You can also simply slip around them, especially when you are aware and can see them coming. You can move them but you do not have to. There are logs floating down your river too. You can watch them go by. You can try to stop them with all of the force of the river behind them. You can even try to wrestle the logs out of your river, probably getting beaten against the rocks in the process. You can climb on top of the logs and ride easily downstream for as long as you want, getting off whenever or wherever you please. You can gather rocks and logs in an attempt to dam up your river. You can ignore them, fight them or use them. It does not matter what you choose to do or why. In the end, you will continue downstream on the current of your river of life. You will go downstream. The question is how do you want to get there? You don't have to do it any certain way, because every river is unique. The important message to understand is that you can navigate your river however you want. If you feel like you are drowning in the current and being swept away with no control, you will see everything in your river as a threat. If you hate the way your river flows, you will not enjoy the swim until you change its course. You will miss the beauty that is surely part of it all along. You will be blinded by the fear or dissatisfaction of how your river currently is, and you will never see the myriad of opportunities that pass by. With awareness you can look at your river and see the course, obstacles, opportunities and current without fear or disappointment. From this objective place of awareness, you can choose what type of trip you wish to enjoy on your river of life.

Focus your attention for a moment on something you wish to change in your life.

When you think the thought "I am choosing to change this", how does it feel?

Do you feel clear and at peace when you think of changing it? Or do you feel fear?

Do you feel fear of not changing it?

Is it irrelevant either way?

Are you choosing the path you would like?

Your happiness is not derived from getting what you want, being the biggest winner, or from acquiring the most things. Your happiness is always coming from within you just by being you. When you realize you can be happy at any time no matter what, you realize you have and always have had all the power in your life. No one else can make you feel anything. No one else can make you feel good or bad. Only you can do that. Only you are responsible for all of your emotions.

With our awareness we can examine our beliefs about the events, people and things in our lives. We can then bring our attention to these things. We can see that they are our creation and we are choosing to believe a story about them. We know that we do not have to change these things, and they do not have to change for us. That person, event or thing does not have to be anything different for us in order for us to be happy. We know that we have the power to change our story that we are creating about each person, event or thing in our life. It is truly irrelevant whether things change outside of us. It is when these things change within us that the real change occurs. "Help me change the world". Change your world, how you see your world, and the world you create in every moment of your life. There is an enormous freedom and delightful relief in allowing all things to be just as they are, including yourself. You do not need anything. You are complete.