



40 DON MIGUEL RUIZ DAYS OF DISCOVERY ONLINE COURSE



Lesson 3 – Activity

Accept and Allow

Accepting What Is

You should continue using your awareness to see the stories created around you, your own story, the stories of others and all of the many reflections from all of the people you encounter. While you are watching life during the next four days, I want you to look specifically for things you do not like, things you judge negatively, things you do not want to admit, things that are not good, things you are afraid to look at and things that make you uncomfortable. You can write them down if you need to for reference later, or you can work with them when you see them. Whichever works best for you.

As you continue to use your awareness and realize you find some things "unacceptable", look at these things honestly. It does not matter whether it is a person, situation, belief, a commitment, your job, your car or anything else. What you judge is irrelevant. The important thing is to listen to your story about what you are telling yourself about these things. Talk to yourself about your judgments. Hear your opinions about the things in your life that you judge, and recognize that everything you are saying is only a story in your head. It is not true.

How do you feel about the situation?

Are you resistant to it?

Do you feel that it **MUST** change?

See what is coming up inside of you. Now look at what is true. Do not look at what you believe or think or fear, but what is true. What actually is.

What is completely true about the thing you are rejecting?

What is absolutely true with no assumptions or probabilities? This is sometimes difficult to see, because we believe our thoughts to be true.

Imagine the example of your car being out of gas. This is true. Or, is it? For this exercise, your car really is out of gas, and that is what is true. You start to make judgments and stories in your head. Your car is out of gas because you forgot to fill it up with gas before you left for work, or your spouse forgot to fill it up. Or, really it is also because your car gets such lousy gas mileage and it is too old. You also thought you had enough gas in the car to make it to work.

None of these beliefs are truth. They may be contributing factors, but they have no relevance whatsoever. You can make excuses, blame yourself, blame someone else or just be pissed off about it. But, the truth still remains; your car is out of gas. Period. It is that simple. Everything else is just a story you are telling yourself to justify whatever mood you want to fill. The car out of gas is not good or bad, it just is what it is. Can you accept it for what it is? Right now you must, because it is truth. You may change this truth by getting gas for your car, or calling a tow truck. However, right now, you are out of gas. Accept this truth without stories. Only then, from a place of awareness and using what is true, and not emotions can you decide on how you will take action. I hope this example will help you better understand this concept.

Now look again at whatever thing you are resisting and find the truth about it. Look at the simple truth, without stories.

Can you now accept it without the emotional triggers, without the stories you crafted around it?

If it is truth you must accept it to have peace. Otherwise, you are in constant conflict with what actually is. You will be trying to make it into something it is not, or keep wishing it was something it is not.

Can you see it simply?

Can you be okay with it just as it is?

I should add that accepting does not mean you have to like it or prefer it. Who would want to be out of gas? Surely, no one would. Accepting is just being honest and acknowledging what it really is. When you can do that, then you can allow it to be exactly the way it is. Then it does not need to be anything else. When you can accept and allow what is true to just be in your life you will be at peace. You may not like everything you experience, but you will experience it anyway, so you may as well flow with it instead of struggling against the reality of it. In this way, you can control how circumstances affect your life. You take control over your enjoyment of the moment by remaining at peace regardless of how things change around you.

Try this with all of the items on your list of "unacceptables". Work through them all and take the suffering out of each situation. Then look at your list and decide if they are still unacceptable. Or, are they just simply aspects of your life that you don't prefer? When you take power back from the things that control your enjoyment of life, you control the flow of your life. Appreciate everything you experience in life, and have gratitude for all things you encounter. Replace the yearning for what is not, with gratitude for what is, and feel the peace that will encompass your life.