

Acceptance

by

Amanda Goldston



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What is Acceptance?

Acceptance is allowing a situation or person to be exactly as it is, without change or alteration. It is squarely facing a situation, however hard it may seem and then taking guided action, as appropriate.

You often cannot change a situation. Only rarely can you change other people and their behaviour. However, you can change yourself, how you choose to react and the decisions and actions that you take.

Acceptance – The Missing Key in Personal Growth, Law of Attraction and Creating Your Dream Life

In my view, the process of Acceptance of a situation is a key component that is missing in personal growth and Law of Attraction type programmes. Accepting a situation or a person exactly as it is now is really the first step in being able to change something.

This requires totally honesty and a freedom from guilt, blame or recrimination.

There may be lessons that you have learnt and things that you would do differently next time. However what is here, in this moment, is what you have to deal with. And what is here and how you feel about it is perfect for this moment.

Acceptance is one of the most powerful, life-altering concepts that I have learnt and practised in a long time.

The Futility of Fighting

Sometimes when everything seems to be going wrong, the solution, on the face of it, would seem to be to try harder, to push more or to put more effort into fixing whatever is going wrong.

Yet, for many people, the more they try to put right a difficult situation, the more things seem to go wrong and the harder it seems to be to move forward.

Sometimes the way a situation is unfolding seems to be completely out of your hands and the more you try to control the outcome, the more it seems to resist you and to kick back at you.

Bizarrely, a shift will frequently occur when you are so exhausted that you cannot fight any longer and some part of you turns this problem over to a higher power for a solution.

This may be your Higher Self, God, the Universe, Angels or whoever or whatever you turn to in your darkest hour of need and, somehow, in that relinquishing of control, miracles happen.

If you have been struggling with a difficult situation recently and have come to the point of really not knowing what to do about it, then perhaps one option would be to simply accept it for what it is.

Perhaps the situation is here for a reason. Perhaps there are lessons you need to learn, or discoveries about yourself to uncover or difficult decisions to make. In coming to a place of accepting that what is here is what is here and that it is right and perfect for you in this moment, you can enter into a place of peace.

From that place of calm, you are then able to hear more clearly the insights that are being offered to you by your wise, all-knowing Higher Self.

Rather than fighting against something, where you really have very little hope of changing it, leave it to its own devices and go and create something else of your own somewhere else. All things built on negativity and which lack integrity eventually implode on themselves.

“Would you rather be right or be happy?” – I am not sure who originally said that quote. I am finally beginning to understand this and to realise that point-proving and being right is not necessarily the way to happiness.

Things happen for a reason and there is very often some good or something even better on the other side of an unpleasant situation. It may be that you need to look at yourself, or a situation, in a different light or that you need to learn something to be able to move forward.

There is frequently a strange timing to things, which is not the timing that you would like. Situations do very often resolve themselves in their own way and in their own time. Nothing you do appears to be able to change the pace of things.

The same could be said of people. They will do things in their own way and in their own time and, as frustrating as this may be to you, their timescale is very often not the same as yours.

There is also a saying of “This too shall pass”. Things won’t stay this bad for ever. Life tends to come in cycles. Challenging situations come and go.

Fighting, by and large, is a very futile and energy draining exercise.

There are, however, times in your life when you do need to “fight” or to stand up for yourself. It is important to fully inform yourself in those situations and calmly and firmly state your case.

Deal with the issues that are causing the problem, rather than getting into personal fights with the people concerned.

My life philosophy now has become that I do not go looking for trouble, however if someone chooses to pick a fight with me or to attack my nearest and dearest then I defend our position and I will aim to finish the matter as quickly as possible.

Acceptance versus Victim-hood

Accepting something as it is or accepting that someone else’s behaviour cannot be changed is not the same as saying “that is the way things are and there is nothing that I can do about them”.

If you are in a difficult situation and you can look at it and accept it for exactly what it is, you then have the choice of whether you continue with that situation and do not make any changes or whether you change something.

This is not to say that making a change will be easy. It may not be easy at all.

Once you can view a situation objectively and accept that what has happened has happened and that you cannot go back and change that situation, you can then choose to think, feel and act differently about it.

A victim will look at the situation and decide that there is nothing he or she can do to change it, so why bother? This then leads into the situation continuing exactly as it was before.

Things rarely change on their own. For a situation to change, you have to change in some way – whether that is your thoughts and feelings about the situation or new decisions and different actions on your part.

True acceptance brings power; it does not bring apathy and lack of action.

How to use this book

This book is designed as a practical manual to help you to identify areas in your life where you may be fighting or resisting and to take you through a process of accepting what is, so that you can clear the energetic pathways for more creative solutions to come to you.

It explains the process, step by step and shows you exactly what you need to do in order to use the power of acceptance in your life. It is really important to realise that Acceptance DOES NOT mean that you do nothing at all.

Sometimes things will sort themselves out on their own. Mostly YOU will need to take some INSPIRED, GUIDED ACTION.

It shows you how to come to a place of peace with situations and people in your life, so that you can then hear the quiet voice of your Intuition and Inner wisdom to guide you to best next actions steps for you.

It contains the actual Acceptance Process, laid out in an easy step by step guide. This is an Action Guidebook, so there is space for you to work through any issues you may be facing, including suggested techniques that may help you.

My Story with Acceptance

*“God, grant me the Serenity
To accept the things I cannot change;
Courage to change the things I can;
And Wisdom to know the difference” – Author unknown*

Over time the quote at the top of the page has become very relevant to me and my family. For many years I have been a fighter. I have fought against all sorts of people and situations in an attempt to change them to what I wanted them to be. This has been with greater or lesser success.

In most cases I have found my greatest results have come from knowing when to attack and fight and resist and when to accept the situation or the person for what or who it is and move on.

Sometimes Acceptance of a situation has come out of sheer desperation of not knowing what else to do, sometimes it has been an unconscious choice and more recently I have become consciously aware of the process of Acceptance.

From that I have been able to deal with situations in my life more quickly, efficiently, calmly and with less anger and with a lot less stress.

Over the years I have had an ovarian tumour the size of a large melon to deal with, as well as attacks from government departments, a business being shut down, threats from the education department, battles with banks, credit card companies and mortgage companies as well as major challenges with money.

Where we have dealt with situations effectively, there has been a common pattern.

We have firstly had to confront the situation head on, with nothing hidden, we have had to deal with unpleasant emotions, feelings and fears around it, we have had to accept the situation exactly as it was and get ourselves into a calm enough place to be able to hear the intuitive prompts of our inner guidance system, so we could take empowered action.

As we have analyzed those experiences, we have seen that we have followed a process each time, mostly subconsciously and latterly consciously.

We then developed this Acceptance process to help us to deal with any issue, however big or small, as soon as it arises.

School Bullies

When my eldest daughter was five years old, she went to a school where part of the uniform was an outdoor coat with a big hood on the back of it. There were a few girls who thought it was very amusing to pull this hood, which had the effect of nearly strangling my daughter.

I told her that there was a simple solution to this. The next time it happened, she was to relax and let herself drop backwards a little. As she did so, she was to step back on her attacker's foot and stamp down on it as hard as she could. Funnily enough, the girl never pulled her hood again!

The Acceptance Process

The Process of Acceptance is quite simple. Some of the steps you will probably find easy, others may be much harder for you. This will most likely depend on your resistance to letting go of fighting in a situation and your willingness to release challenging emotions.

Times when Acceptance of “What Is” could be useful

It could be very useful to apply this process and to Accept What Is when:

- a) You are short of money and cannot see any way of generating the money you need, especially if you need it quickly.
- b) Someone owes you money and you have done your best to get the money back, yet it is not forthcoming. Interestingly, once you release the need for the money to come back to from a specific source, you open yourself to the flow of the Universe. The amount you are “owed” will often then come to you from a completely different source.
- c) You are not happy in a relationship.
- d) You have a difficult person to deal with in a work or personal situation.
- e) You are unhappy in a work or business situation.
- f) You have a health problem or are in physical pain and are trying to ignore the issue and hope it will go away or get better by itself.
- g) You have a challenge with alcohol or smoking or substance abuse of some sort. The Serenity Prayer at top of the workbook is used by Alcoholics Anonymous and many support groups to help their members. The first stage to dealing with any problem is to admit that you have the problem and be willing to face it, however unpleasant it may be. The next stage is to deal with it and that may involve seeking help from appropriate professional people.
- h) You are fighting against something or someone. It is very difficult to change people and their behaviour. If you can come to a place of accepting that that person is as they are and they are unlikely to change, you can then choose your actions from a place of empowerment.
- i) You are involved with fighting “Authority” or embroiled in a legal situation, especially if you have started the action. This can be hugely draining on all your resources of time, energy and money. Ultimately you may “win” the matter, but at what cost?
- j) You feel conned or cheated in some way or feel a desire for revenge or vindication or getting back at someone.

- k) You find yourself getting caught up in the wider political, economic and financial situation that is in the world as I write this in August 2010. It is very easy to get caught up in the general doom-and-gloom and negativity, even though there is very little that any one individual can do to change the whole.

If you have a problem, you do not have to deal with it on your own. It is a sign of great strength to acknowledge the problem and to seek help in resolving it.

If you are in a place of struggle and are fighting against huge problems, this will probably seem like the most back-to-front, illogical concept that you have ever heard, however, as bizarre as it seems, it really works.

The usual way of solving a BIG problem

There are a series of steps that people often go through when they have a BIG problem or a serious crisis to solve. These can all be made worse by the length of time the situation has gone on.

The longer something has been “the norm,” the more familiar someone is with living with the situation – or the person – the harder it can be to make a change, even if the situation is difficult or not very pleasant.

In a long term situation there are frequently many opportunities to make a change, however, for whatever reason, many people don't do anything about a situation until it reaches crisis point and then it becomes totally unbearable.

It may also be the case that life gives “a little nudge” such as a shock discovery or a sudden job loss or an unpleasant letter or something that jolts people enough to do something about the situation.

List below are some of the most common steps people normally take in dealing with problems. We have been through all of these stages in the past, when we have been faced with situations and mostly they have not been very successful for us.

- Denial – This is ignoring the problem or denying that it even exists, in the hope that it goes away or sorts itself out. There is no problem.
- Rose coloured spectacles – This occurs where someone is aware of the problem, however they choose not see the full picture. It is not as bad as it looks.
- Once a problem has been acknowledged, many people look to find someone or something to blame for the situation. Likewise they expect

and hope someone else will take the responsibility to sort it out. It is not my fault.

- There is then a huge amount of energy put into worrying, fretting and feeling very stressed. This leads to inability to sleep and a lack of creative abilities. I am stressed and I don't know what to do.
- The next stage is frequently to try harder and to do more of the same actions in the hope of getting a different and better result. If I push harder, I will beat the situation.
- A person might try to write some ideas down on a piece of paper, in an attempt to come up with a different solution. There must be a better way.
- If people are very stressed and they try to do a creative idea exercise, very often they will judge every one of those ideas and come up with reasons why every one of them won't work. There is no way forward.
- Sometimes, if a person can maybe find a way to relax or go for a walk or do something different, then some creative inspiration may pop into their head whilst they are thinking about something else. This can also happen in the middle of the night, when they wake up with a solution or knowing in their heart exactly what they need to do. Inspiration to solve the problem.
- Hopefully the person will write it down immediately, so that they don't forget it.
- They then either take action on the creative inspiration and/or seek help and solve their problem or carry on doing more of the same until someone suggests a solution or they can hand it over to someone else to solve.

Notice, within this there is only tension, stress, efforting, fighting, resisting. There is no calm, peace, relaxation, breathing or accessing creative wisdom, intuition or inner resources or resources available from the creative realms of the Universe

The process of Acceptance does require a certain amount of Courage because it requires you to face your problems head on and be willing to deal with them, however horrible they may be. It also may require you to face and deal with some pretty ugly emotions and debilitating fears.

However, the rewards for your Courage, that lie on the other side of the pain, are peace, calm, a sense of freedom and clarity about your next steps that come straight from the all-knowing wisdom of your Higher Self.

Here is a quick summary of the main steps that you need to take to come to a place of Acceptance, followed by a more detailed explanation of each step with some examples and some tools to help you.

The Process of Acceptance

- Face problem head on squarely in all its gory details
- Be totally honest with the situation, yourself and how you really feel
- Why are you fighting, what are you afraid of?
- Fully express all the emotions and fears and feelings you have
- What is the worst that can happen, what are your worst fears, question and acceptance of that very worst situation
- Keep asking what else? Where could that lead? What could be the consequences of that action? Get to very worst and accept that is one possible outcome
- Plan for the worst, expect the best
- Breathe, relax and do meditation
- Allow peace, calm, breathing and relaxation to come over you
- Accept the situation exactly as it is in this moment
- Accept that there is nothing you can/could/should/ought to do
- In a relaxed state, hand the whole matter over to a higher power to deal with
- Whilst breathing calmly think what an ideal outcome might be if it all got handled easily and effortlessly by the higher power
- If you are to be used as an instrument by the divine in resolving this matter, ask that you are clearly guided as to what you need to do
- Watch, listen for any intuitive prompts and guidance from a place of calm, peace and acceptance
- Throw away the to-do list/worry/stress/effort list you had before
- Give the universe chance to work its magic – waiting to see what happens next may be appropriate
- On receipt of intuitive prompts, take immediate action from a place of calm and inner strength
- Be grateful that the situation is resolved

The Steps of Acceptance in more detail

There are some very simple steps to the Acceptance process. I would strongly suggest that you read through this process to get an idea of how it works and then come back do the exercises when you can give yourself the time to do all of them.

If you do this process in stages, it is vitally important that you DO NOT leave yourself in a place where you are feeling negative, helpless or in a low place emotionally.

When you are delving into a major problem, particularly if there are some strong emotions attached to it, you are going to be bringing these to the surface in order to acknowledge and accept them.

It is important that you leave this process in a place where you feel calm, peaceful and in an open, receptive, creative place, or, if you have not quite got to that stage, that you are at least feeling neutral about the situation.

Step One – Accept the Situation

Accepting where you are right now

This is the first and probably most important step in the whole process. If you have a situation in your life that you are not happy about, you must acknowledge and accept exactly where you are at this moment and how you feel about that.

It is through accepting that situation as it is, without glossing over it or viewing it through rose-tinted spectacles, that you can move into a place of making a change.

Think of something that has been causing you stress because you have been resisting it, fighting it, not accepting it and putting in a lot of effort to try to get the situation to go the way you would like it to.

It is very important to look at the reasons why you are fighting and resisting and struggling and who or what you are doing it for.

Are you trying to prove something to yourself or to someone else or are you acting from a place of the Highest Good for all concerned?

You have to squarely face the situation, in order to be able to accept it. If there are letters or documents that you have avoiding looking at or hiding in a drawer, you need to get them all out in front of you.

You need to have in front of you every scrap of information that relates to this matter, however uncomfortable or unpleasant it may be.

If there is a person you have been avoiding dealing with, it is important to bring that person to mind and have all relevant details for them, so that you can make contact as you get further through the process.

It is crucially, vitally important to be totally and completely honest with yourself about the situation.

The first reaction may be one of total overwhelm, possibly fear, maybe anger or frustration and perhaps of simply not knowing where to start with the situation.

It is quite likely that you will start to blame yourself or someone or something else for the mess that you now face.

That is quite normal and it is important that you let yourself feel these feelings as they come up. Allow them to wash through you, acknowledge and accept how you feel. We will talk about accepting your feelings in more detail shortly.

It may be that someone else has caused the problem and you have now been left to pick up the pieces and put things right. If that other person is not around to fulfil their responsibilities, then the only possible actions are the ones that you personally can do.

In most cases, as hard as it may be to acknowledge, you may have played some part in the creation of this situation. It is important to accept that and to take responsibility that it now falls to you to deal with.

Whilst it may be very tempting to get caught up in who or what is to blame for the situation, it is actually not very constructive in accepting it and moving through it.

The aim of the process is to come to a place of Accepting that the situation is right and perfect exactly as it is for this moment. It does not need to be changed or fixed in any way.

There is nothing further that you need to do and the situation does not require any further effort or stress on your part.

You do not necessarily need to understand why you have this situation. The situation is as it is and you are OK with that. It is very important that there is no blame or guilt or recriminations for how the situation came into being.

What is here now is what needs dealing with. It is important to stay away from thoughts of what you or someone else could/should/ought to have done or not done to prevent the situation.

The situation and what has happened may not be able to be changed, however what you can change is how you feel about it, how you react to it, the decisions you make about it and the actions you subsequently take.

For the moment, the aim of step one is to acknowledge the problem and accept it for exactly what it is, however horrible it may be. In essence, this is the situation that is here right now, that needs to be dealt with.

Use the worksheets below to outline the situation, making sure you include all the details. Writing it down starts the healing process because you are clearly defining the monster and if you know the size and force of your enemy, then it is nowhere near as scary and you can deal with it.

As you write, you may even find that the seeds of the solution start to become obvious to you. If they do, write them in a different colour or highlight them.

- a) The situation I face is.....
- b) The worst part of it is.....
- c) It came about because.....
- d) It is horrible because.....
- e) When I look at it, I feel.....

Depending on the situation, you may need to sit back and take a few deep breaths. As you breathe in, allow your stomach area to fill full of air and to push out, hold for a count of 4 and breathe out, allowing all the air to fill release out of your stomach.

As you breathe in, feel yourself filling with peace and calm. As you breathe out, allow your troubles to release out of your body.

Deep breathing can be a very powerful way to release tension. Sometimes taking 4 or 5 deep breaths can calm your fears and allow you to think more clearly.

Congratulations on completing Step One. You have done more than most people will do, in that you have clearly defined your problem.

Step Two - Accepting The Worst that Can Happen

Part of the issue with a big problem is not so much the situation itself - that is already here and you can see that - but how much worse it could get, what else might go wrong, what else might come to the surface and what people might think.

Much of the real worst of a situation is the part that is, as yet, unknown. It is the fear of what might be that can really terrify someone and paralyze them into lack of decision making and lack of action.

A truly freeing part of the Acceptance is to look at the very worst that you could possibly imagine could happen and, if you can accept that as a possible outcome, then everything else is going to seem like much easier options after that.

In most cases, it is only “one possible outcome” and may or may not happen, remember, the future has not yet been written.

If you are fighting to save a business, a home, a relationship or maybe a job situation that in your heart you know is beyond repair, sometimes letting go and being willing to accept that loss or perceived loss and allow yourself to come out of the other side can be very empowering.

You don't necessarily have to follow through and let everything go. A huge energy shift can occur with being willing to look at the very worst or perceived worst and be willing to totally accept that as a possibility, so you can then move forward from there.

Plan for the Worst, Expect the Best

If you can make plans to cope with the very worst scenario, then anything else is a huge step forward. You can then free up your energy to think of what could be the best possible outcome and work towards that.

If you can then accept that “the very worst” is a possible outcome, you can then plan accordingly.

When you are prepared to accept that very worst possible outcome, a shift will often occur because it is almost as if your brain says, “well, I could deal with that outcome, as horrible as it may be and from that place, things can only get better!”

Very often, what ends up happening is not as bad as the worst possible outcome.

It is important with this exercise that you view the worst possible outcomes as objectively as possible.

It is vitally important that you DO NOT allow yourself to get so caught up in imagining and thinking about the worst possible outcome that you become paralysed with fear or worry and consequently stop yourself from taking any action to move forward.

It is also VITALLY IMPORTANT that you DO NOT leave yourself in a place where you are so worried over “what might happen” that you end up paralysed with fear and negativity and can’t move yourself past it.

The point of this exercise is to simply accept what could be the worst scenario, make plans accordingly if you need to and then release that and move on to looking towards better outcomes.

As an example, if you or someone you know is facing a situation where they are fighting with a bank or a mortgage company to stop them from repossessing (foreclosing) on the house.

There is a huge amount of fighting, uncertainty and stress going on.

If those people asked themselves “what is the very worst that could happen?” the answer would probably be that they would lose their home and have nowhere to live.

Along with this would be the feelings of guilt and shame and feeling deeply embarrassed at having to admit failure and go to family for help or go to the local council to ask for help.

There could also be the fears of not being able to find somewhere else to live and of having such bad credit that they could never buy anywhere again.

There could also be worse things that losing the house could potentially cause a loss of reputation and perhaps a loss of job and income.

If that person can look at that situation and accept that as the very worst that can happen, then that makes make for both a sense of peace and also a way to plan for something better.

It may be that the house costs a lot to maintain and by moving they could rent somewhere, which may be cheaper and be more efficient, they could talk to family and they could be help and support there or they may have friends where they could stay or rent somewhere to live.

By accepting the perceived possible worst, it is often possible to see advantages in that situation and to see a way forward.

It may be that the person has never really liked the house or the area and moving would be a blessing in disguise.

However bad a situation may be or may seem to be, there is always some advantage and some silver lining.

Often you can only see that when you are prepared to look the very worst in the eye and accept that as one of many possible outcomes.

It has not happened yet, so it is not set in stone and is most definitely not the way things have to turn out.

However, if that worst was to happen, you are prepared for it and anything better than that is a major blessing.

Thinking about your situation that you defined in Step One, complete the following exercise. Let the answers bubble to the surface.

Notice any resistance and fighting as you fill out the answers. Also notice any feelings that come up and write them down.

Be aware of any fears that come to mind. Write them down. We are going to deal with feelings and fears in the next steps.

Write down the answers to the following questions.

Ask yourself:

- 1) "What is the very worst that could happen in this situation?" and allow an answer to come to surface.
- 2) "What would be worse than that?" Keep asking until you can imagine the very worst outcome possible.
- 3) "What might the consequences be of that very worst scenario?" You can then ask some questions of "what if this happened?" or "what if that happened?" Once you can create the scenario, you can keep asking questions such as "then what?"
- 4) "How does that 'worst case' scenario make me feel?"
- 5) "What frightens me the most when I think of this 'worst case' scenario?"
- 6) "Can I accept that very worst?"
- 7) "Am I willing to plan for that very worst to happen?"

Step 3 - Accepting Fear

Fear often comes about from creating "what if?" situations in your mind and then giving them emotional charge and treating them as real. We talked about using the "what if?" exercise in a controlled manner, when we talked about finding and accepting the worst possible outcome to a situation and then using that as a springboard to moving forward.

For most people, fear is what stops them from moving forward and taking action. Fears are often far worse and far greater than the actual situation itself.

One of the biggest, paralyzing fears is the thought of what other people will think of us and our actions, how they will react to us, how they will treat us and what they will say about us.

The fear of what “they” will say has stopped many people from moving forward with a cherished project or dream. In reality, most people are much more concerned about themselves and really give us far less thought than we think they do.

If it matters to you what other people think of you, if you can accept those fears as being the worst possible reaction, then the actual reaction will probably be nowhere near as bad as you think.

If you can accept those fears as being the worst that can possibly happen and have contingency plans in place for that very worst to happen, you can then think about what you would really like to happen and start to move towards that.

Most people are fundamentally kind, good, helpful, and charitable and want to help and support others in their hour of need, especially if you are willing to meet them part way and are willing to help yourself to move forward. People soon get fed up with the whingers and with those who are determined to stay as a victim.

If you can confront and accept your fears, most never actually come about. If you can accept that them coming to fruition is one possible outcome, then you can move forward in your life.

The Negative Voice of Fear

With Fear, there is frequently a very negative, critical, unhelpful voice, which is telling you all the reasons why you are going to fall flat on your face, if you take the actions you want to take.

It has millions of reasons why you will fail and why this course of action will lead to complete disaster and life-long failure and abject misery.

This is a part of you that is actually trying to protect you from harming yourself. It likes to maintain the status quo and can perceive any planned change as a life or death situation and therefore triggers the ancient fight or flight mechanism.

This was very appropriate when you maybe faced being eaten by a sabre tooth tiger; it is not so appropriate when you are considering making a change in your life.

It is actually really important that you hear what this voice has to say to you. It may be a good idea to get a journal and write down everything it has to say to you. Listen to it, acknowledge it and the opinions it is expressing.

Listen to it, so that it feels heard and acknowledged, however you do not have to buy into the story it is telling you.

Hear what it has to say, thank it for bringing these things to your attention. Accept that a part of you has very severe misgivings about what you are proposing. There may be some valid points in what it is saying that do need you to think about.

It is important to hear them all out. You can almost view it like an internal board meeting, where one person has the job of playing devil's advocate and coming up with all the negative points possible.

That does not mean that you don't do what you have been planning.

This is summed up perfectly in the title of a book by Susan Jeffers – "Feel the Fear And Do IT Anyway!"

Once you have allowed this voice to speak and once you can accept that you will probably never totally get rid of it, you can accept the sentiments that it is offering, acknowledge those fears and feelings, hand them over to a Higher Power and then from a place of calm, peace and acceptance comes empowerment.

Once the nag voice has been fully heard and acknowledged and accepted, you are then making space to hear the guidance and the wisdom from your higher self.

Ask yourself:

- 1) "What frightens me the most about the worst case scenario?"
- 2) "What is the fearful part of me trying to tell me?"
- 3) "Are the dangers the fearful part sees real or imagined?"
- 4) "What am I really, really afraid of?"
- 5) "What if my worst fears came about, how might that serve me? How could I use that to grow?"

- 6) "What would happen if I allowed that fear to wash over me and fully acknowledged and accepted it?"

Some of the greatest fears we, as human beings, have are not actually about failing or falling flat on our faces or about people laughing at us, although that can play a huge part.

Some of the biggest fears are about massive success and a fear of just how great and magnificent each and every one of us could be- if we allowed ourselves!

As Marianne Williamson said in her 1992 book – "A Return to Love" -

"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness, that most frightens us.
We ask ourselves, Who am I to be brilliant,
gorgeous, handsome, talented and fabulous?

Actually, who are you not to be?
You are a child of God.

Your playing small does not serve the world.
There is nothing enlightened about shrinking
so that other people won't feel insecure around you.
We are all meant to shine, as children do.

We were born to make manifest the glory of God within us.
It is not just in some; it is in everyone.

And, as we let our own light shine, we consciously give
other people permission to do the same.
As we are liberated from our fear,
our presence automatically liberates others."

Allowing Your Greatness and Light to shine out into the world and the huge
success that could come from that is unknown territory for a lot of people.

Many people have no role model in their lives from growing up to allow that
Greatness to shine, so they don't.

People hide their talents and abilities; they play down their success and only allow themselves to move forward to a certain level.

Most personal growth programmes tell you that the most influential group in your life are the people you spend most of your time with.

The lifestyle that the individuals in the group lead will be very similar and they will have similar ways of thinking and doing things.

The reason many people don't follow their heart and allow their Greatness to shine out into the world, is because they are afraid of what other people, or the infamous "they" as Napoleon Hill called them, will say about them, they are afraid they will enjoy massive success and so will move away from their current peer group and so no-one will like them and they will no longer have any friends or support.

When asking yourself about how bad could a situation get and could you accept that, one other point to consider could also be, "if this situation turned around and it was as good as it could possibly get, what would frighten me the most about the potential massive success?"

Top 10 biggest Fears:

- Greatness
- Success
- Being alone
- Not being loved
- Not being liked or accepted
- Failure
- Poverty
- Poor Health
- Death
- Public Speaking

Confronting Fear

There are numerous ways of confronting fears. Some of the most effective I have found have been to either just allow that fear to flood through you and to fully feel it or to challenge your fear to come and get you or to find a way to make your fear into something ridiculous or silly and to laugh at it.

Any of these methods are empowering because you are acknowledging your fear as something very real, you are accepting the feelings that fear causes in you, allowing that fear to be fully present and then empowering your self to deal with it. At no point do you deny your fear or fight against it.

Feeling and Accepting Your Fear

Many children are scared about monsters under the bed and scary things coming out of the cupboards or closets to get them. Some children are so terrified that they quake in fear under the bedclothes and cannot get to sleep. This is often the case when parents have dismissed their fears, saying there is nothing out there, there is nothing to be scared of and that the child should stop being so silly and go to sleep.

A wise parent will take a different approach. They will acknowledge the child's fears, maybe do a thorough search under the bed, behind the curtains (drapes) and in the wardrobes (closets) with the child to make sure that there is nothing there, then perhaps help the child to put a ring of golden light protection around themselves, find them a crystal or magical stone to put by their bed, ask their Angel or Guardian to sit on the end of the bed, with a big protective sword, and keep them safe and leave a night-light switched on.

The child then goes to sleep, having had his or her fears acknowledged and accepted and something positive done about them.

Are those fears real and grounded in reality? I don't know. No-one really does. They are certainly very real to that child.

Are any of those fears likely to come to pass? Who knows? Maybe they will, maybe they won't.

However if the fears are acknowledged and accepted, the child can then be prepared for the very worst that might happen.

If a horrible monster did somehow get in to their bedroom, then that child has a sturdy team in place ready to protect him or her and fight off any danger.

It would have to be a brave beastie that would take on an 8 foot tall Angel with a long, sharp sword!

Challenging Your Fear to Come and Get You

I remember hearing an inspirational speaker, a man called Richard Wilkins, a few years ago. He told a story about how he had a fear of fainting in the school morning assembly and so was not able to attend.

One day he was in the assembly and felt the sickly feelings coming over him, as if he were about to faint. Instead of worrying and panicking about it and trying to stop himself fainting, he changed his attitude and welcomed those feelings.

As he challenged himself to faint and demanded that the fainting come as quickly as possible, so that he could faint in front of everyone and welcomed the fear of fainting, a strange thing happened – the feeling and the fear passed and he did not faint!

Laughing at Your Fear

In the 3rd Harry Potter book “Harry Potter and the Prisoner of Azkaban” there is an entity called “The Bogart” which appears in front of the character as their worst fear.

In the film, it appeared in front of the each child, who waved the wand and shouted “Riddikulus” and whatever it was turned into something comical. One girl was afraid of snakes, so this huge snake appeared in front of her, which then became a silly looking jack-in-a-box.

For another child an enormous spider appeared, which then had roller skates on it, so it had no control over its movements and slipped all over the floor.

If have an imagined situation running through your head of something that might happen or maybe has happened and you are getting more and more scared each time you think of it, trying turning it into something funny – perhaps add some tootling circus music or see the people with a huge nose or ears like Dumbo the Elephant or speaking like a cartoon character or anything that makes the person or situation look, sound and feel small and insignificant, where you can laugh at it.

What Is Beyond Your Fear

One of the most powerful things that you can do when confronted by FEAR, otherwise known as False Expectation Appearing Real, is to sit still and allow

the fear to wash through you. Allow yourself to fully, experience the fear in your body and refuse to move until it has totally consumed you and totally washed through you.

It is really quite bizarre, that by sitting there and acknowledging and welcoming your fear and by making the fear even bigger and even worse than it was before, somehow it starts to subside and you are left with a feeling of total peace and calm.

I have heard this idea over time from several teachers and only really came to fully understand it when I was in a place of sheer desperation from a financial perspective and had nowhere else to turn, apart from being totally willing to turn my situation over to a Higher Power to deal with.

We will talk more about ways of accepting your fears as we talk about accepting your feelings and emotions in the next section.

Step 4 – Accepting Your Feelings

As you start to confront a challenging situation in your life, you will have a whole myriad of feelings and emotions come to the surface. Most of them will probably be quite negative and could include things such as guilt and blame of yourself and others for getting into this situation, anger at yourself and others, frustration, a desire to lash out at someone, a desire for vengeance or revenge or to even the score, shame, embarrassment, worry, fear, total overwhelm, hopelessness, powerlessness and a whole host of other challenging emotions.

If these feelings and emotions are too overwhelming for you to deal with on your own, then please seek help from a professionally qualified person.

All of that is absolutely OK. Whatever comes up in relation this situation is perfect for this moment.

It is vital that you allow them to come to the surface, you don't try to deny them or push them back down, you acknowledge them, allow yourself to experience them fully, own them, accept them and allow them to release.

I am sure you are thinking that all sounds like a huge mouthful and a very tall order – for one sentence!

Well it is and it isn't. If you are open to accepting and releasing your feelings, it can actually all happen in one go, in a very short space of time. This can be as short as minutes or even seconds or it may take a few hours or longer, depending on your willingness to acknowledge your feelings and your willingness to release what no longer serves you.

The longer you fight your real feelings, the longer the process can take.

With practice, you may come to a stage where you can simply sit, relax, breathe, allow feelings to flow through you and with a big breath out, release all the negative feelings and go on with your day.

If you are new to the idea of Acceptance, it may take a little longer and you may find some of the suggested tools and techniques below to be valuable for you.

The Emotional and Vibrational Scale

Psychologists and Therapists have come up with a scale of Emotions, that range from Death and feeling like you are dying at one end to Peace and Acceptance at the other end.

Each of these levels has a corresponding increase in your energy levels and also in your energetic vibration.

Spiritual Teachers, such as my good friend Ken MacLean in his book *The Vibrational Universe*, tell us that the Highest Vibrations are those of Joy, Peace and Love.

Wherever your energy and vibration level is at this moment in time, is a very good indicator as to what you are likely to be attracting into your life because energetic vibrations match each other and are drawn to each other like magic.

What this means is that if you are in a place of fear – particularly about a certain event happening – then you are more likely to attract those fears to you because it is a like for like vibration.

When someone is in a place of fear and has worried themselves sick about something, you often hear them complain that the very thing they feared has happened. It is almost as if it is a self-fulfilling prophecy.

This is why you must not allow yourself to stay in the “worst case scenario” place. You must allow yourself to view it, accept it as one possible outcome and then move onto something else.

If you stay in a place of fear, giving all your energy and emotion to something that “may or may not happen” then you can end up being a vibrational energy match to it and attract it, unconsciously, into your life.

As you start to move up the scale, you have a bit more life force flowing through you at each level. It is very hard, for most people, to switch straight from Apathy to Peace and Acceptance.

Each time you can feel a little bit better and you can move up a level, even a tiny little bit, you are making huge progress.

Peace, calm, release, flow, power, empowerment, guided inspired action and trust are much further up the emotional scale than worry, fear, doubt, anxiety, fear, struggle, apathy, resistance, fighting, struggle and anger.

It may seem surprising that Anger is higher up than Apathy, however with Anger you are starting to get some feeling back into your system, can really vent and express yourself, whereas with Apathy, there is nothing.

We are often taught that it is very bad to vent our anger, that we should keep our feelings and emotions under control and especially Anger should be suppressed.

This is not a good thing to do because suppressed anger (or any other strong emotion) festers inside and eventually has to find an outlet.

It is not a good idea to vent your feelings on other people as the damage, physically, mentally and emotionally can last a lifetime.

However there are plenty of other ways of expressing feelings, such as journaling, vigorous exercise or shouting at the top of your voice.

Einstein once said “ You cannot solve a problem with the same mind that created it” and you can’t. If you are fearful and worrying about a situation, that fear and worry will not solve the problem, you need to get yourself to a higher vibration and preferably to a place of calm, to be able to deal with it effectively.

If you can see where you currently are in way of emotions and feelings, then you can begin to move yourself further up the scale and so start to empower yourself. Some of the emotions may seem very similar and many of them are.

Sometimes the shift in feeling is very subtle from one to another. When you are moving yourself up the Emotional Scale, you do not have to experience all of the emotions in sequence.

You may find that, if some naturally groups together as being the same thing, that you may skip a few to get up to the next emotions, where you feel better than you did before.

Below is a Scale of Emotions with is adapted from “Ask and It is Given” by Esther Hicks. This is listed from top to bottom, with the Highest Energy Emotions and Vibrations at the top.

Highest Emotions, Energy and Vibration

Peace
Acceptance
Joy
Gratitude
Empowered
Love
Passion
Happiness
Enthusiasm
Eagerness
Positive Expectation
Optimism
Hopefulness
Interest
Contentment

Lowest Emotions, Energy and Vibration

Boredom
Pessimism
Frustration
Irritation/Impatience
Overwhelm
Disappointment
Doubt/Worry
Blame
Discouragement
Anger
Revenge
Hatred
Jealousy
Fear
Guilt
Insecurity/Unworthiness/seeking sympathy
Grief
Apathy
Depression
Despair/Powerlessness

Ask Yourself:

- 1) "Where are you currently on the emotional scale?"
- 2) "How does that feel?"

- 3) "Allow yourself to really feel that emotion, acknowledge it and accept that is how you feel?"
- 4) "What emotion could you reach for, that is a bit further up the scale, that would make you feel a little bit better?"
- 5) "Allow yourself to fully experience that emotion."
- 6) "Reach for another emotion that is a bit further up again."
- 7) "Allow yourself to fully experience that emotion."
- 8) "Keep repeating this exercise until you have moved yourself at least 3 steps further up from where you were."

Some of the things that have worked for me in releasing feelings and emotions have been:

- 1) Journaling
- 2) Walking (or marching rapidly) and having imagined angry conversations with the person, where you can say everything that you have not had the courage to say to their face.

This is good on a couple of fronts because you tend to walk further and get more exercise, which has got to be good for you and if you have a dog, they are likely to faithfully accompany you on longer and longer walks, without any complaint.

Walking also allows you to physically get all the negativity out of your body.

- 3) Newspaper bashing on the floor. Get a rolled up newspaper or a cushion and as you imagine the person and the situation, allow yourself to really vent your feelings and emotions. Hit the floor with the newspaper or cushion with all your might, call the person every name under the sun, put as much emotion and energy and feeling and get it all out of your system.

My daughter did this exercise one day when her boyfriend had annoyed and upset her. I had not realised there were so many words in the English Language that could express the idea of "Stupid Idiot!"

- 4) Sports and games that allow you to vent your feelings against a ball or other inanimate object

Journaling

Journaling can be hugely helpful and very therapeutic when dealing with people who have wronged you, in whatever shape or form that might be.

Although the event cannot be changed, the only thing that can be changed is the emotional charge that it holds for you. In other words, how you feel about it when you talk about it or when it comes into your awareness.

One of the most powerful things you can do is to acknowledge to yourself exactly how you really feel.

This is where your private Journal is very powerful because you can write it down and vent it out of your system. You can use all the expletives that you can think of and you should do that.

Don't hide anything from yourself. Let it all out on paper.

Whatever emotions you feel about that person or situation, they need to be fully acknowledged and fully experienced and then released. There are various ways you can do that.

It is important to get in touch with the feelings and allow yourself to actually feel them. You may find that thinking of a particular person or a situation will trigger off all the memories. The feelings around that event are more important than the event itself.

Whatever you wanted to say to the person or people involved at the time, say it in your journal, with every choice expletive you can think of! This journal is for your eyes only and you will probably want to burn it when you have finished.

Let yourself VENT in your journal!

When I did this Journaling exercise at the beginning of the year, one person from my childhood took up several dozen pages of my Journal with my 30 years of suppressed venom! As I wrote I felt the anger and pain increase.

If you are journaling about someone or something that has caused you pain, it is important to keep writing and express every last ounce of it, as best you can in words.

I had done these kinds of exercises before, yet somehow they were intellectual exercises. I had never really got in touch with the deep-rooted feelings of anger, resentment, feeling unwanted and unloved and abandoned and all the other feelings of inadequacy and not being worthy or deserving of anything wonderful in life.

I went walking in the snow with my faithful hound companion.

As I walked, I allowed myself to get really angry and imagined myself having the conversations with him and saying all the things that I had always wanted to say and never had the courage to say to his face, shouting at him, yelling at him, calling him every name under the sun that I could think of, getting myself totally wound up and then allowing that anger, frustration, pain to really flow through me.

The sheep in the field must have thought I was very strange, however the grass they were trying to find under several inches of snow seemed much more interesting and, after a quick glance at me, they went back to what was most important to them.

Once I had exhausted myself and my choice of words, the anger started to subside and I actually began to feel a sense of compassion and understanding for why they acted liked they did. Yes, that totally blew me away!

I came to realise that I could not change what had happened and that person will probably never explore themselves enough to make any changes.

However, I do not need to carry around that pain any longer as it does not serve me and has probably greatly contributed to my weight problems over the years. No, that does not mean I have to like that person, however I can now separate me from them!

It is so powerful to clear away old stuff from the past. It is only by freeing ourselves from the baggage of the past that we can then really make contact with those Higher Aspects of ourselves, such as intuition, inspiration and creativity.

The biggest surprise with this was a genuine request to try to repair the damage that came from that person and a totally unexpected gift! This was in

January 2010 and since then he has really made a huge effort. It is like interacting with a completely different person.

Step 5 - Accepting Yourself

This is perhaps one of the hardest things to do, yet probably the best thing you can do for yourself. It is important to accept that you are an amazing human being; you are powerful and perfect just as you are. Other people's opinion of you is none of your business and if they have a problem with you then that is their problem, not yours.

Accept that you do not have to like everybody else and there will be people that you may not like and that is OK. You just have to allow them to be who they are and if you don't like who they are, you can choose to stay out of their way.

In coming to accept yourself, you may feel that you are judged and criticised by other people and can be quite a challenge to battle with. I have felt judged and criticised by a NLP trainer that I know, even though I don't really have anything to do with him and I don't really like him.

I went through a phase where I would feel his presence quite strongly whenever I was about to do something. He seemed to have this disapproving look on his face and there seemed to be a lot of judgment in his tone of voice.

This was all happening in my head and I found it most bizarre because I didn't think I valued his opinion and I really could not see that he would have the time or the energy to bother thinking about me or judging me. However there was obviously some part of me that felt it was important to seek his approval.

You may feel you are being judged by a family member or someone close to you or an authority figure and hear their voice disapprovingly criticising you, when you are about to do something.

I finally dealt with this need for approval from this NLP trainer by doing the Acceptance process on it. I accepted that I had all this nonsense going on in my head and that I did not know how to stop it. I stopped fighting it and then welcomed it.

My thought process changed to actively asking (in my head) this supposedly successful NLP trainer what would be the best thing for me to move forward. When I actively sought his criticism, the whole thing stopped and has only come back to mind as I am writing this now.

I came across a brilliant book, where the title really sums this up – “All you can do is all you can do and all you can do is enough” by Art L. Williams.

You are perfect exactly as you are. You are a unique individual with a unique set of gifts and talents. You have a unique contribution to make to the world.

Unfortunately, starting from childhood, we are taught to look outwards to other people for their opinion of us and to validate us as human beings. Much of that still carries over into adulthood. Many people have a huge fear and concern about what other people will think and say.

Actually we really flatter ourselves if we think that other people spend much time thinking about us. There may be situations where someone is obsessed with you, your life and with plotting your ultimate demise.

However these are probably not as much as you think, as most people are busy with themselves and their own lives.

You are a unique and special individual and really “other people’s opinion of you is none of your business”. Not everyone is going to like and accept you, as there are people that you don’t like in your personal and business life.

Ask yourself “why is it important that such a person likes me?” and “why does it matter to me what that person thinks of me?”

People are naturally drawn to other people that they like and generally will choose to do business with people that they like.

If it is important to you that certain people in your business circles like and respect you, ask yourself “Why is it important that they like me?” If it is to try to get business or to get favours from them, ask yourself “is it really worth hanging out with people that you don’t like, in the hope that they might do business with you? And what will you gain from it?”

People in business today attract followers and clients more often than not by being themselves. Yes, they may need to have business systems in place to attract customers and that is a whole different story, that is outside the scope of this book.

Ultimately people will do business with people they like and trust and the more money someone is investing in products and services, the more this will be the case.

Be yourself, be happy with yourself, accept yourself for the magnificent human being that you are.

Where I take issue with a lot of personal growth programmes is that they assume that there is something fundamentally wrong with you that needs fixing, in order for you to be happy, healthy, wealthy and enjoy a fulfilled life.

That is not the case. You are fundamentally perfect exactly as you are. Over time, you may have let a few bad habits creep into your life and if you find that everyone you talk to takes offence at what you have said and gets upset, then it may be prudent to look at your behaviour and see if some behaviour adjustments might be necessary.

Most people don't intend to offend and insult others, although there are exceptions to this rule. If you come from a place of honesty and integrity and being content with who you are, then the energy of that will shine through in all your communications.

Remember, "Offense cannot be given, it can only be taken!"

You do not need to change your basic personality. It may be useful to find out what it is and to accept yourself as you are.

If you need to change the way you approach people or deal with something, you learn new behaviours, without a need to change who you are. Everybody has parts of themselves that they are not very keen on. The secret to self acceptance is to focus on the bits you do like and the things that you can do well.

Exercise:

Write down 50 things about yourself that you either :

- Like about yourself
- Are good at or have a talent for
- Have successfully done at any point in your life
- Love to do

When you focus on the good bits and the things you can do well, you build up your own self esteem and self confidence. Where you lack the skills or talents, you can call on someone else to help you.

Accepting Your Limitations and Asking for Help

It is important that you recognise your own talents, skills and abilities and what you are capable of doing yourself or you could learn to do, if you had the time and the inclination.

It is also vitally important that you recognise what you cannot do or do not have the knowledge or skills or time to do and be willing to ask for help.

Be careful who you talk to, as sometimes the opinions of well-meaning friends and family can be more destructive than helpful.

If you are tackling a major challenge, don't be afraid to ask for help. However, before you do, take a deep breath and ask your Inner Wisdom what would be appropriate to seek help with, who could help you and what you could do for yourself?

Be still for a moment and listen for the answers.

Use your Inner Wisdom as a Guidance System in seeking help.

Step 6 -Meditation and relaxation to come to a place of calm, peace and acceptance

Mediation and relaxation is a very powerful process to come to a place of peace, calm and acceptance. I have written a very powerful mediation to help you with that.

Either Read the following meditation slowly to yourself, allowing yourself to absorb and feel every word, or record it yourself and listen to it or ask a friend to read it to you slowly and with feeling or you can find it on the CD called acceptance, which complements this book –

Make yourself comfortable and take a few deep breaths, in and out. Take a big deep breath in and release it out.

Take another deep breath in and as you release it out, feel your body relaxing. Allow any tension to release out of your body with the outward breath.

Take another deep breath and as you breathe out, feel your body completely relaxing.

Imagine roots coming out of the bottom of your feet and sinking deep into the Earth. These are grounding you in the Earth. See them going deep into the Earth and finding a rooting place deep in the Earth. Once they are connected into the Earth, see and feel a warm energy rising up from the Earth and filling your body.

Feel this warm, comforting energy, starting at your toes and rising up your body.

As it rises up your body, you feel your body becoming more and more relaxed and all the tensions and stresses of the day releasing as that warm energy rises up and reaches each part of your body.

Continue breathing, deeply, gently and rhythmically.

As you breathe, feel the warm energy rising right up your body, up through your calves, knees, thighs and up into your hips and lower abdomen. Feel it rising up through your stomach, lower back and internal organs, up through your arms, upper body and chest and coming to rest in your heart area.

As the warm energy rises up through your body, allow yourself to feel a sense of peace and calm filling your whole body.

Now see and feel white energy and light coming down from the Universe and into the top of your head

This bright, healing light and energy fills your face, neck, shoulders and down into your heart area.

This healing energy is your connection to the Universe and to the Divine.

The two energies, from the Earth and the Universe meet at your heart. They are filling your whole body and radiating out of every cell in your body.

Bask in these warm feelings of calm, peace and well being. Allow them to fill your whole body, mind and being. Everything is OK and All is Well.

As you enjoy these warm, soothing, calming, healing energies, bring to mind a situation where you may have been efforting recently or resisting or trying to create a change and the situation has been causing you stress or discomfort.

As it comes to mind, be willing to make it even more stressful, be willing to fight it and resist it even more, tense up the muscles of your body, tighten your mind, resist even harder, fight with all your might, create even more stress.

As you fight and effort and resist, what if you realised that there is nothing that you can do about this situation? What if you realised that there is no point fighting, there is nothing you could, should or ought to do about it?

What if you realised that the situation is absolutely perfect as it is right now? And it is completely as it is meant to be in this moment?

What if you gave up? Stopped fighting? Stopped resisting? Stopped efforting? Stopped trying to change the situation and let go?

What if you could hand this whole situation over to the Universe or the Divine or a Higher Power to be handled easily and effortlessly?

Be willing to release and let go. Be willing to hand the whole situation over to the Universe and know that it is being dealt with.

Take a deep breath and sigh out all the tension and stress, resistance, fighting and efforting.

Take another deep breath and release all that troubles you to the Universe.

Hand it all over the Universe or the Divine to be handled in a way that is for the highest good of all concerned.

If the situation were to get handled in the quickest, easiest and most effortless way, what might that ideal outcome be? What might it look like, sound like or feel like?

Hand it over to the Universe to deal with, in its own way and with Divine Timing.

If you are needed to take any action in this matter being resolved, ask that you get a clear prompt from the Divine as to what to do.

Allow any insights to bubble to the surface.

Know that this situation is being taken care of, easily, effortlessly and for the highest good.

Rest and Relax in the feelings of calm, peace and well-being. Allow yourself to feel a sense of gratitude that the situation is being handled.

It is now time to come back to your waking day. You will remember any insights that you have received and it is important to take action on those.

Feel yourself coming fully back into your body. Become aware of your body, wiggle your toes and fingers, and start to feel some movement in your body. Have a big stretch. When you are ready, open your eyes. You are fully back, feeling revitalised and refreshed and ready to carry on with your day.

Once you are at a place of accepting the situation exactly as it is, you often find that a sense of peace and calm will come over you.

Use this meditation regularly whilst you are feeling stresses. It help to bring you to a place of peace and calm and acceptance.

Step 7 – Handing Over to a Higher Power

The next stage is being willing to completely hand the situation over to the Universe, God, Grace, Angels or whatever or whoever might be a Higher Power for you. This may be your Higher Self. You are asking that the whole situation be dealt with easily, effortlessly and with the outcome that is for the Highest Good of All Concerned.

When you hand a situation over to a Higher Power to deal with, you somehow clear the energy channels for that Higher Power to be able to communicate with you and you offer guidance as to what would be the best actions for you to take.

Sometimes when you hand the matter over to a Higher Power, the situation will get resolved on its own, without any further input from you. This is often referred to as a “Miracle” and they are quite common.

Mostly, there will be something that you will need to do to help the process along its way. This might be answering an email that comes your way or taking a telephone call or contacting someone or something that you need to do.

The Higher Powers can put opportunities for resolution of a situation in front of you. Often you will have to take action on the matter to finish things off.

By handing things over to a Higher Power to be dealt with, you release the emotional charge attached to it. This enables you to raise your vibration and to move yourself up the emotional and vibrational scale.

When you improve your vibration level, then you are automatically going to be in a place where you can attract better things, including more creativity, into your space.

For the Highest Good

When you ask for something to be resolved for your Highest Good or for the Highest Good of All Concerned, you must be willing to accept that the outcome may not be what you believe to be the best outcome.

When we were on the point of losing our home, we wanted to stay in the house because we did not want the hassle of moving and we wanted to stay near the children's friends. We did not want the embarrassment of having to admit failure to family. For us, we believed that staying in the house was the best Outcome.

However, we had to come to a place of accepting that we could lose the house and maybe moving would be the best option for us and our family.

Once we were able to feel neutral about whether we moved or whether we stayed, then we were able to go to court, asking for the Highest and Best Outcome, give it our very best shot and be happy to accept the outcome – whichever way it went.

Step 8 – The Ideal Outcome

If this whole matter were to get handled quickly, easily and effortlessly by the Universe, what might be an Ideal Outcome?

Try to keep this as general as possible and avoid defining a specific “How” or way in which you feel the outcome should come about.

This may be that you want a fighting situation simply to be over, one way or another, so that you can then make appropriate decisions and move on with your life.

If you feel that the best outcome is going to be someone else changing their behaviour, this can be more challenging to bring about.

It has been known that people have completely changed their attitudes and their behaviours and a situation has been resolved.

If your Ideal Outcome requires other people to change in some way, you have to be willing to accept that they might not change and might not do as you want them to do.

People have their own agendas and those are not necessarily the same as your agenda.

It may be that you need to modify your own actions and attitudes in order to be able to better influence someone to your point of view.

As you think about an Ideal Outcome, focus on the problem being solved and finished, rather than the process.

If your Fairy Godmother could wave a Magic Wand and the situation would be done, what would that look like, sound like and feel like?

How would everyone be looking involved look and feel, and especially how would you look and feel.

In thinking of the Ideal Outcome, you may wish to use one of our other products, which is a book and audio relaxation called Creative Problem Solver.

The relaxation takes you to a beautiful place of your choosing, where you can create the Ideal Outcome to a situation or problem in your mind and ask for Guidance on how to bring that about.

Question:

What would be your Ideal Outcome to this situation?

What might it look like, sound like and feel like to you?

How would you feel if you had already received your Ideal Outcome or something even better?

Step 9 – Guidance of Actions You Need To Take

Ask to be clearly guided if there is any action that YOU need to take, in order for you to help the Divine Universe in its work.

It is very important that you are in a relaxed place of peace and calm, when you ask this question, so that the answers can come from your Higher Self and not from the stressed-out ego part of yourself.

If you receive an intuitive prompt to do something, then it is very important to take action on it straight away. The shift has already happened, although there may be a time-lag before the physical world catches up, or there may not be any time gap at all and something may happen immediately.

Be willing to follow any intuitive prompts that you receive and to take action if needed.

Step 10 – See What Unfolds

Once you have been willing to hand the matter over to the Universe to be dealt with, it is very important that you give it chance to get on with the job of resolving the situation.

It is very important that you do not go straight back to worrying, efforting and trying to resolve the situation yourself.

Throw away your to-do list that you created from a place of efforting, resisting, fighting and stressing. See what unfolds

Step 11 – Take Immediate Action on Intuitive Prompts

Listen for prompts that you receive from a place of calm, peace and acceptance. These will be coming from your Inner Wisdom, your Higher Self and the Universe.

You may hear them as a quiet voice or feel a gentle nudge to do something. These intuitive guidance prompts are likely to come with a deep sense of knowing that is exactly the right thing for you to do next.

It may be that there are valuable nuggets of information in your “Fighting To-Do List” and you can revisit that list, from a place of calm and peace only.

Take immediate action on the prompts that you receive as there may only be a short window of opportunity that you have to take action.

Some of the actions may seem quite illogical to you. It may also be that you take the first step towards something, without really knowing how the next steps will unfold. Trust that you are going in the right direction and that the next steps will be revealed to you as you need to know what they are.

If you have a really big, scary problem to solve, sometimes the ultimate steps you end up taking would be so daunting to you, that, had you been aware of them when you started, you probably would have been so overwhelmed by fear that you would not have started at all.

As you take guided action steps, you grow in courage and gain the confidence to tackle the next step and, before you know it, you have solved the problem.

Once you start to trust your Intuitive Wisdom Inner Guidance System, you will find that you come to trust it more and more, both for actions you should take and also where something is bad for you and you would be well advised of run a mile.

Step 12- Gratitude

Be grateful that the situation HAS BEEN RESOLVED. Allow yourself to feel that it has been dealt with. The Universe is dealing with the situation, with your help as it is needed.

Allow yourself to feel that sense of relief that the huge burden has been lifted. The situation has been dealt with, although it might take a little while for

things to catch up on the physical earth planes. The shift has already taken place at an energetic level.

The more gratitude you can feel and the more certainty that the matter is over and done with, the quicker the whole thing will catch up in the physical and the quicker you will be able to see the solution manifest in your life.

Conclusion

The process of Acceptance is very powerful. As strange as it seems, when you truly let go and ACCEPT the situation or person, you come to a place of peace and calm. You open the way for the Universe to help you and any actions that you then take come from a place of Personal Empowerment.

Many people end up in a place of Acceptance when there is no-one to turn to and nowhere else to go. It is, however, much more powerful if you can do the process consciously and use it in your life when you are not facing a major catastrophe.

Allow yourself to fully release situations to the Universe to deal with and you will be surprised at the results.

About the Author

Amanda G. Goldston

I grew up beautiful North Devon, where my grandparents had a farm. I spent my summers climbing trees, riding horses and building magnificent playgrounds out of huge hay bales.

I graduated from Salford University with a degree in Modern Languages and after struggling to get a "job", I gravitated towards sales and ended up as one of the top sales reps in a large national window and conservatory company, where I worked for 6 ½ years.

During that time, I became fascinated with what makes people tick. I found that the more I could relax and visualize my ideal outcome, the more successful I became.

As a successful female in a highly male dominated industry, I was on the receiving end of a lot of jealousy and highly destructive energies.

Learning how to protect my energies was one of the first things I learnt and now teach others to do.

This led to my interest in astrology, the power of names and numbers as well as a keen interest in energy healing and the awesome power of our thoughts in creating our lives.

I learnt how to read the Tarot cards and Angel Cards and found that my natural psychic and intuitive abilities increased enormously.

I am a great believer that our natural birthright is Abundance and that Life should be a joyous adventure, full of Laughter and Fun.

Recently my work has led into studying our BEING and how that impacts Success, as well as the real power of Energy and Vibration in Manifesting Abundance.