



# Acceptance Newsletter

THE INDEPENDENT FORUM FOR YOUR WHOLE LIFE

NEWSLETTER: VOLUME 5 • ISSUE 9D

## Happy March!

As we welcome in the new month, we finish off our look at Relating with the "Acceptance" Newsletter.

Here are the links to the other relating newsletters.

[What do you want? Newsletter](#)  
[Apology Newsletter](#)  
[How to Argue Newsletter](#)



## Acceptance

The cornerstone to any good relationships is acceptance. Accepting your partner, for all of his or her good and bad qualities, can be the most loving act in a partnership. Strong relationships are forged through deep acceptance of each other.

Yet how can we accept someone else, when we find ourselves so unacceptable. Most North Americans are raised with an idea that they need to earn love in order to be loved. This notion effects every relationship in our life as we constantly evaluate who in our lives deserves to be loved. We are vigilantly on the prowl for what is unacceptable in other people as well as what is unacceptable in ourselves. 🌸

## Mirror in you.

The people around you are mirrors of what you like and what you do not like about yourself. Take a moment to think about the people in your life. Who drives you crazy? Your selfish brother? Your megawatt ego sister-in-law? Your high school friend who talks about herself all the time? Each of these people may reflect either your unresolved issues or aspects of yourself that you do not like.

Learning to accept other people begins with understanding that other people reflect your own issues back at you. When you find yourself frustrated or angry with someone, take a moment to ask "how is this about me?" You'll be surprised to learn that more

times than not, you are looking at yourself in the mirror of another person.

For more on this topic: [The Dark Side of Light Chasers](#) by Debbie Ford 🌸

## We are all unique.

Other people are not the same as you. It sounds laughably simple. Yet how many times have you been frustrated because someone did something differently than you would? Every single person sees the world through their own lens filtered by their experiences, values and beliefs.

Strive for understanding in your relationships. There are many systems designed to help enhance understanding. The Myers Briggs is a personality test which also offers tests for couples outlining what they do well and where they will struggle. Herb Pearce, in our Relating Audio Magazine, discusses learning to understand your partner by understanding their Eneagram type. [Click here](#) to listen to his description of the various types. Even astrology or numerology can help you begin to understand yourself and your partner.

Learning how your partner sees the world, and how your world views differ, can help you understand the beauty of your differences and begin the process of acceptance.



## Namaste

Most spiritual systems believe that there is a piece of the divine inside of each and every one of us. Created by the divine, the divine leaves an imprint that lives deep inside the very essence of our cells. Rabbi Abner Weiss, in our relating audio magazine, discusses the idea that the very sense of being or "I am" is divine. ([Listen here](#))

Stop for a moment and look around. Can you see the divine within every single person around you? The divine lives within everyone – even the people you can't understand.

A simple way to incorporate this idea into your life, is to bless the people around

you. Learn say the rosary for the people in your life. Practice the [LovingKindness meditation](#). Sign your emails with "Blessings" instead of "Sincerely". Simply think "I bless you" when you greet people. Or say "Namaste", meaning "The Divine in me recognizes and honors, the Divine in you." Try it today. 🌸

## Acceptance NOW!

Here are a few quick tips to help you incorporate acceptance in your relationships.

- 🌸 **Add curiosity:** People do not see things the way you do. Ask them what they think or what caused them to do something before you place judgment. You will be amazed at what you hear.
- 🌸 **It's really not about you.** We tend to believe that everything has something to do with us. This is simply not true. Tell yourself today, "This isn't about me". Repeat it over and over again when you feel uncomfortable. You'll be surprised that many of the things that hurt your feelings were not actually about you.
- 🌸 **Human beings make mistakes.** It sounds so obvious yet most people become overwhelmed with shame and doubt when they make a mistake. If you can understand that you will always, every day, make mistakes, you can begin to understand that other people are fumbling around in the same way.

### 🌸 "Are you better off with him or without him?"

Ann Landers asked this question of most women who wrote in complaining about their partners. When we are unable to accept the people in our lives, we can destroy our relationship without ever noticing that we were actually better off with him. If you are better off with him then without him, you must accept that this is true for you today.

Acceptance is a gift that you and everyone in your life deserves. We are all fumbling around on the planet hoping to learn, to love and to enliven our every day existence. What's not to accept about that?

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