

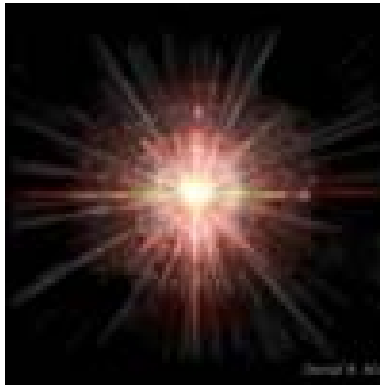


# The Advanced Soul Support Group

The Empowerment Program

*Empowering Your Spiritual Journey*

Here  Now  This Moment



## The Power of Acceptance

*Acceptance does not necessarily mean condoning or being in agreement with. Acceptance shifts denial into seeing WHAT IS.*

~ Richard Alan, *Empowering Your Spiritual Journey*

**It is all One.** IT (everything) is all an illusion, appearing very real. In essence IT, i.e., everything, is all consciousness, all energy solidified into what appears as form.

*All form is perfect, just what it is, at any given moment...  
everything is already exactly as it is 'supposed' to be.*

~ David R. Hawkins, MD, PhD, *Transcending the Levels of Consciousness*

**Up until now the illusion has had us.** Now we are beginning to see through the illusion...at least understanding that God set it up so our soul could experience and learn its lessons...so we can return "home".

**As spirits having this human experience, we naturally get caught up** in the human condition. From our limited position and point of view, while in the midst of it all, we don't really have a clue what is going on...yet we sense there is a higher good and everything is in divine order. From a more expanded point of view, imperfections appear to be perfect.

*Seen from a higher perspective, conditions are always positive.*

~ Eckhart Tolle, *The Power of Now*

**It appears that everything is wrong.** It is not. It is the way it is. The fastest way to be present with peace is through the power of Acceptance.

*The moment you completely accept your non-peace,  
your non-peace becomes transmuted into peace.*

~ Eckhart Tolle, *The Power of Now*

Acceptance does not necessary mean condoning or being in agreement with. Acceptance shifts denial into seeing what is. Acceptance is simply acknowledging what is, without adding anything to it.

*You are not pretending anything; you are allowing it to be what it is,  
that's all. There is only higher good, which includes the "bad"...*

~ Eckhart Tolle, *The Power of Now*

**Life is. That's All! There is nothing to add.** Everything added is an interpretation, point of view, position, assessment, opinion, or story. The solution to problems is simple: give up what you added...your interpretation, point of view, position, assessment, opinion or story.

*The pain that you create now is always some form of non-acceptance,  
some form of unconscious resistance to what is.*

~ Eckhart Tolle, *The Power of Now*

**This can happen instantly in one step:** fully accept what is...accept it as it exists...at least how it appears to exist... accept it is there. Remember, accepting does not mean agreeing or condoning. It is simply acknowledging what is. Acceptance is the opposite of denial. It is there. Allow it to be there. Grant it its right to exist.

*Acceptance does not require denial, but instead replaces it by realistic perception and recognition of its innate limitation.*

~ David R. Hawkins, MD, PhD, *Transcending the Levels of Consciousness*

You may discover IT contains a hidden gift for you and your soul. In fact, you may discover the more negative something APPEARS TO YOU, the bigger the hidden treasure. I tell you now that concerning your circumstances this is so. In time you will say, *"Thank You for that"*.

*When you live in complete acceptance of what is, there is no "good" or "bad" in your life anymore. There is only higher good, which includes the "bad"...*

~ Eckhart Tolle, *The Power of Now*

**Why wait?** If in essence, the past, present and future are all one, then now is as good a time as any to express gratitude for divine order, for the Intelligence responsible for creating perfect circumstances yet appearing imperfect...Thank You for that.

*Only when the fleeting of all forms is recognized and accepted can the world be accepted...can the world be enjoyed for what it is...the divine play.*

*Enlightenment...  
It means saying yes to what is.*

~ Eckhart Tolle

**For peace-of-mind, click here**

<http://eempowerment.com/peace.pdf>

[The Advanced Souls Support Group](#)

*Like Oprah, I decided  
to accept what is in every moment.*

~ Carolyn Curtis, *O Magazine*  
November 2008

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