ACCEPTANCE

To Observe means to witness, be curious and watch attentively, hold space without **attachment**.

Acceptance is: knowing and seeing "it" exactly as "it" is ~ seeing what is real ~ to see "what is" ~ coming to terms with what is with love, kindness, feeling calm, even-tempered and compassionate ~ ending the argument with reality

Attachment is: demanding ~ requiring ~ expecting ~ insisting upon ~ setting a standard (my way is the right way) ~ justifying ~ making a negative judgment ~ rationalizing ~ rigid ~ refusing to believe

Acceptance is not: giving in ~ excusing ~ approval ~ selling out ~ resignation ~ removal ~ passive ~ condoning ~ sanctioning ~ ignoring ~ losing ~ not caring ~ justifying ~ rationalizing ~ agreement ~ passive toleration for what you don't like ~ closing your eyes to injustice ~ allowing yourself to be victimized or controlled

EMOTIONS

Accept
Allow
Permit
Afford
Detach
Balance
It's of no consequence

FEAR		|		TRUST
Attachment		|		**LOVE**
Avoidance	- - - - - - - - - - - - - - - - - -	|	> > > > > > > > > > > > > > > + + + + + + + + + + + + + + +	**Peace**
Aversion	-	|	+	**Serenity**
	Negative	|	Positive	
	Painful	|	Loving	
	Hurtful	|	Helpful	
	Harmful	|	Healthy	
	Punishing	|	Rewarding	

In the diagram above, by letting go of or releasing that which I am attached to, I move toward **acceptance** and allowance and into emotional freedom and liberation. I come to fully realize that all is TRUST, **LOVE, HAPPINESS and COMPASSION**.

Adapted from Rosa Mazone's teachings - Designed and revised by Cate Gerstberger

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