

Radical Acceptance

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“What is it you are unwilling to feel?” is the one question worth pursuing.

It will help you realize what has stopped you from becoming the dancer your parents never wanted you to be. It will help you understand what has been keeping you from going to school to get an art degree. It will help you understand what has been preventing you from going to the theatre to see the play that your friends will make fun of you for when they *catch* you going to see it. It will help you understand what has been stopping you from taking time to love yourself for who you are at your purest consciousness a pure embodiment of love.

Is your method of walling yourself off from the traumas you have experienced during your life rage? Do you project your self-loathing onto others when they try to show you love?

Is what you are unwilling to feel the same thing that is keeping you from pursuing your dream?

To realize what you are missing in your life, it helps to understand that we are both products, children and embodiments of love in every sense of the phrase. You were born after your parents made love. You are loved by everyone whether they like you or not. What you will find is that you are likely unwilling to accept the love for yourself that you deserve unconditionally.

Once you realize this, you then realize that love is a virtuous cycle instead of a finite amount. No one ever says to a mother after they give birth to their second child that “it must be so hard to love your first child half as much now!” Love is infinite. That mother has all the love for all of her children. Then you understand that the more love you give to others, the higher your capacity to receive love!

To be sound in mind and spirit takes radical acceptance. Acceptance of who you are, what you have done, and what has happened to you. Understanding that everything is okay and everything will continue being okay will be the guiding light - the shaman - on your journey of becoming the strongest version of yourself in everything that you do.

Spending some time on this thought will take you far.