

## *Tranquility Zone # 119*

# ACCEPTANCE

## Acceptance

Acceptance is embracing life on its own terms. We are open to what is, rather than wishing for something different. We face the truth in all circumstances with honesty and courage. Acceptance helps us to bend without breaking in the winds of tests, to gather the lessons and step forward with new wisdom and awareness. We affirm others and ourselves for the qualities we do have and avoid judgment and criticism for what we don't have. Accepting myself allows me to give what I have to the world.



The Virtues Project™

1. "What you resist persists." ~ Carl Jung
2. "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." ~ Reinhold Niebuhr
3. "With gentleness overcome anger. With generosity overcome meanness. With truth overcome deceit."  
~ Buddha
4. "***Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.***" ~ Lao Tzu
5. "The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." ~ Brené Brown
6. "Learn to love with all your heart and accept the unlovable side of others. For anyone can love a rose, but it takes a great heart to include the thorns." ~ Unknown
7. "Because one believes in oneself, one doesn't try to convince others. Because one is content with oneself, one doesn't need others' approval. Because one accepts oneself, the whole world accepts him or her."  
~ Lao Tzu
8. "Love is made up of three unconditional properties in equal measure:  
**1. Acceptance 2. Understanding 3. Appreciation**  
Remove any one of the three and the triangle falls apart. Which, by the way, is something highly inadvisable. Think about it — do you really want to live in a world of only two dimensions? So, for the love of a triangle, please keep love whole." ~ Vera Nazarian

9. "Whatsoever may happen is for the best, because affliction is but the essence of bounty, and sorrow and toil are mercy unalloyed, and anguish is peace of mind, and to make a sacrifice is to receive a gift, and whatsoever may come to pass hath issued from God's grace." ~ 'Abdu'l-Baha

**10. "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."**

~ Proverbs 3: 5-6

11. "Understanding is the first step to acceptance, and only with acceptance can there be recovery." ~ J. K. Rowling

**12. "Serenity comes when you trade expectations for acceptance."** ~ Buddha

13. "Some people believe holding on and hanging in there are signs of great strength. However, there are times when it takes much more strength to know when to let go and then do it." ~ Ann Landers

14. "Let everyone be right. Tell yourself, 'I have plenty of time to be right tomorrow; today it is their turn'. When you are willing to concede that others can be right, even if they differ from you, you are making space in your life for openness, variety, and the willingness to grow. What other people do can be right for them. You can be right as well. There need not be pain and conflict over this - there's room for everyone to live a life that feels correct for them." ~ Brenda Shoshanna

15. "If I could define enlightenment briefly I would say it is 'the quiet acceptance of what is'." ~ Wayne Dyer

**16. "Ask not of Me that which We desire not for thee, then be content with what We have ordained for thy sake, for this is that which profiteth thee, if therewith thou dost content thyself."** ~ Baha'u'llah

17. "The source of all glory is acceptance of whatsoever the Lord hath bestowed, and contentment with that which God hath ordained." ~ Baha'u'llah

18. "You couldn't relive your life, skipping the awful parts, without losing what made it worthwhile. You had to accept it as a whole - like the world, or the person you loved." - Stewart O'Nan

**19. "Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."** ~ Colossians 4:5-6

20. "The more we search for ourselves, the less likely we are to find ourselves; and the more we search for God, and to serve our fellow-men, the more profoundly will we become acquainted with ourselves, and the more inwardly assured. This is one of the great spiritual laws of life." ~ Shoghi Effendi

21. "He that cannot endure the bad will not live to see the good." ~ Jewish Proverb

**22. "It behoveth thee to be content with the Will of God, and a true and loving and trusted friend to all the peoples of the earth, without any exceptions whatever. This is the quality of the sincere, the way of the saints..."**  
~ 'Abdu'l-Baha

23. "Maturity, one discovers, has everything to do with the acceptance of 'not knowing'." ~ Mark Z. Danielewski

**24. "We behold what we are, and we are what we behold."** ~ Hinduism