



February 17, 2004

Beloved Peacekeepers,  
Acceptance – a powerful word that leads to violence and non-violence. Just contemplate for a moment – does accepting yourself lead to accepting others? How?  
Now, honor yourself through acceptance.....

### **Today's Principle, Today's Practice - ACCEPTANCE**

"Resentment, fear, criticism, and guilt cause more problems than anything else." says Louise Hay. Today, choose not to judge yourself (your looks, your capabilities, and your expression). See yourself as unique, loving, capable and bright!

**Ask yourself:** Compare and contrast acceptance versus tolerance. (Hint: Do you want to be accepted or tolerated?) How can acceptance lead inclusivity? How do resentment, fear, criticism and guilt affect people? How can they contribute to violence to the self and others. What gets in the way of letting go of these feelings? Describe self-acceptance? What motivates us to self-acceptance and to improve oneself?

### **Activities:**

Write an "acceptance speech about yourself in the third person. Begin with, "This is (your name). S/He's the kind of person that\_\_\_\_\_. S/He's not too\_\_\_\_\_.  
But s/he\_\_\_\_\_

**Journal Activity:** Journal your thoughts....

### **Consider these Quotes on ACCEPTANCE:**

To make oneself an object, to make oneself passive, is a very different thing from being a passive object. – Simone De Beauvoir

The minute you settle for less than you deserve, you get even less than you settled for. – Maureen Dowd

One must not attempt to justify them, but rather to sense their nature simply and clearly. – Albert Einstein

Once we accept our limits, we go beyond them.-Brendan Francis

Ah, when to the heart of man was it ever less than a treason to go with the drift of things to yield with a grace to reason and bow and accept at the end of a love or a season. – Robert Frost

The strongest and most effective force in guaranteeing the long-term maintenance of power is not violence in all the forms deployed by the dominant to control the dominated, but consent in all the forms in which the dominated acquiesce in their own domination. – Maurice Godelier

We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people. – Martin Luther King, Jr.

The art of acceptance is the art of making someone who has just done you a small favor wish that he might have done you a greater one. – Russell Lynes



## Day 19

Life has no other discipline to impose, if we would but realize it, than to accept life unquestioningly. Everything we shut our eyes to, everything we run away from, everything we deny, denigrate or despise, serves to defeat us in the end. What seems nasty, painful, evil, can become a source of beauty, joy and strength, if faced with an open mind. Every moment is a golden one for him who has the vision to recognize it as such. – Henry Miller

Accept everything about yourself -- I mean everything, You are you and that is the beginning and the end -- no apologies, no regrets. – Clark Moustakas

For the ordinary man is passive. Within a narrow circle (home life, and perhaps the trade unions or local politics) he feels himself master of his fate, but against major events he is as helpless as against the elements. So far from endeavoring to influence the future, he simply lies down and lets things happen to him. –George Orwell

Happiness can exist only in acceptance. – Denis De Rougemont

Some people swallow the universe like a pill; they travel on through the world, like smiling images pushed from behind. – Robert Louis Stevenson

We must accept life for what it actually is -- a challenge to our quality without which we should never know of what stuff we are made, or grow to our full stature. – Ida R. Wylie

It doesn't matter what we do until we accept ourselves. Once we accept ourselves, it doesn't matter what we do. – Charly Heavenrich

A man needs self-acceptance or he can't live with himself; he needs self-criticism or others can't live with him. – James A. Pike

There's a large purple dinosaur, Barney who sings "I love you, you love me, where as happy as can be....." – pure acceptance!

Blessings,

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