

Self-Awareness & Inner Transformation - Lesson 3



ACCEPTANCE IN ADVERSITY
TRANQUILITY



United States
Spiritist Council

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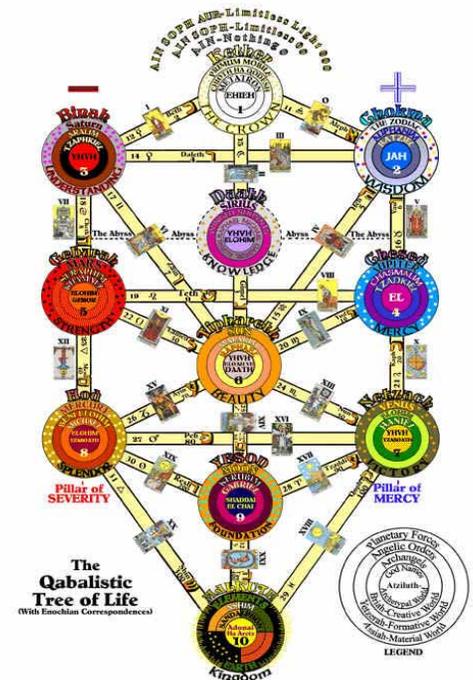
ACCEPTANCE

- *Acceptance usually refers to cases where a person experiences a situation or condition (often a negative or uncomfortable situation) without attempting to change it, protest against it, or escape from it.*
- *Religions and psychological treatments often suggest the path of acceptance when a situation is both disliked and unchangeable, or when change may be possible only at great cost or risk.*



ACCEPTANCE

- Notions of acceptance are prominent in many faiths and meditation practices. For example, Buddhism's first noble truth, "All life is suffering", invites people to accept that suffering is a natural part of life.
- The term "Kabbalah" means literally acceptance.
- Acceptance is the fifth stage of the Kübler-Ross model (commonly known as the "Stages of Dying").



Many believe that acceptance means giving up, or being passive.

Acceptance is letting go of the struggle mentality around something.

Judo teaches that when someone pulls us towards them, we should move in their direction, instead of resisting or pulling away. We should use the momentum they provide in order to deny them power over us.



Acceptance, likewise, involves going with the flow, using the energy present in a situation, regardless of how adverse it may seem, as a partner in our healing process.

When we experience storms, we can either respond as the oak tree, fighting and contending and begging God to remove it from our life, or we can bend and sway as the reeds do, allowing God to carry us through the wind, unbroken and ultimately stronger in the end.

The Oak and the Reeds



A very large oak tree was uprooted by the wind and thrown across a stream. It fell among some reeds, which it thus addressed: “I wonder how you, who are so light and weak, are not entirely crushed by these strong winds.” They replied, “You fight and contend with the wind, and consequently you are destroyed; while we on the contrary bend before the least breath of air, and therefore remain unbroken, and escape.”

“Blessed are those who mourn, for they shall be comforted.”

Jesus indicates simultaneously the compensation that awaits those who suffer and the resignation that leads one to bless suffering as a prelude to healing.

You should consider yourselves fortunate to suffer, because your pains in this world are the debt of your past wrongs. And these pains, if borne patiently while you are on earth, will save you from centuries of suffering in the future life.

(GAS – Chap. 5, Item 12)



*Original acrylic and water.
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“The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.”



Martin Luther King, Jr.

Acceptance in Adversity

Regenerative World

- Everything evolves and progresses. The world, even nature itself, is improving. Suffering will one day no longer be part of our planet.
- Earth is passing through a period of transformation, from a world of tests and atonements to a world of regeneration, where goodness is going to prevail.

Earth's Progress





Acceptance in Adversity

Suffering is still part of our world. In all conditions, at all times, in all climates, humans have gone through ordeals. The rich person, as well as the poor, suffers both in flesh and spirit.

Acceptance in Adversity



- Those that aspire to a purer life and a better world, perceive intuition whispering that this world is not the end of all things.
- They know where they will go; they comprehend the reason for their afflictions and the cause of their suffering. Beyond the shadows and sorrows of the Earth, they perceive the dawn of another life.
- In order to weigh the blessings and the ills of this life, in order to ascertain what is truly happiness and what is unhappiness, one must rise above the narrow circle of terrestrial existences.

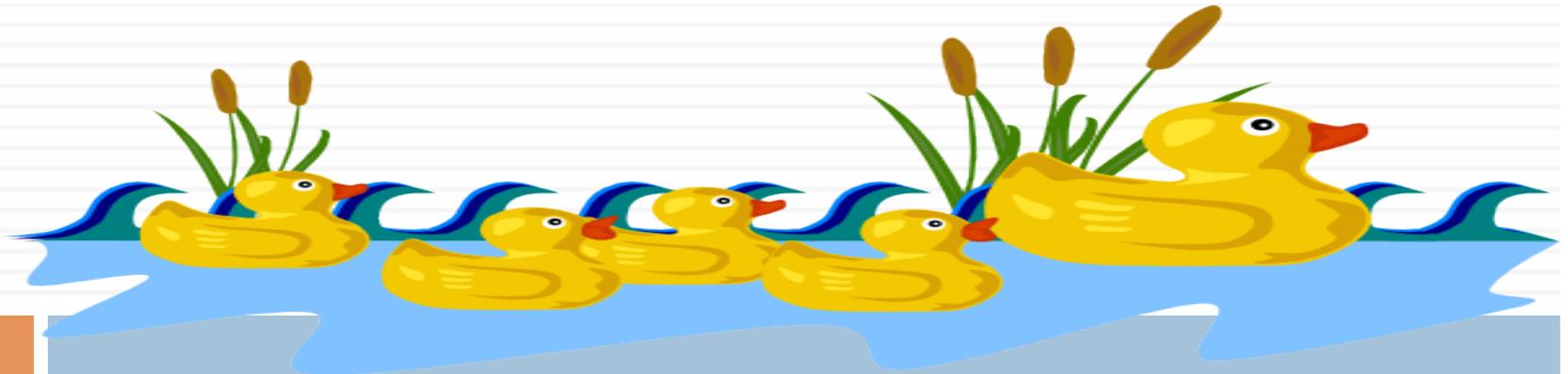
Acceptance in Adversity

When Job's world was falling apart all around him, his "friends" all thought he must have done something wrong.

Even his wife told him to give up, saying, "Are you still holding on to your integrity? Curse God and die!" He replied, "You are talking like a foolish woman. Shall we accept good from God, and not accept adversity?"

(Job 2:9-10)





Creativity in Adversity

Homer wrote, “Adversity has the effect of eliciting talents which in prosperous circumstances would have lain dormant.” Problems unlock your creativity.

There’s a story about a chicken farmer whose land kept flooding and killing his chickens. In despair he told his wife, “I’ve had it; I can’t afford to buy another place and I can’t sell this one. What can I do?” Calmly she replied, “Buy ducks!”

The adversities we face in life are not only the result of our past misdemeanors; they also represent challenges that can help us raise ourselves from one level to the next. The difficulties we have to overcome stimulate and develop our intelligence.

Adversity working in our favor

The unwise individual struggle against the immutable laws of nature, but the judicious one discovers in one's trials a means of self-improvement and of strengthening one's faculties. He or she accepts the evils of fate, and rises superior to them, and makes them a stepping-stone to virtue.



Embrace Adversity



Ferdinand Marie de Lesseps

- In 1832, French engineer Ferdinand Marie de Lesseps was traveling on the Mediterranean Sea. One of the passengers on the ship came down with a contagious disease and the ship was quarantined. Lesseps became very frustrated. To help kill time he read the memoirs of Jacques-Marie Le Père, who had considered the feasibility of building a canal from the Mediterranean to the Red Sea.

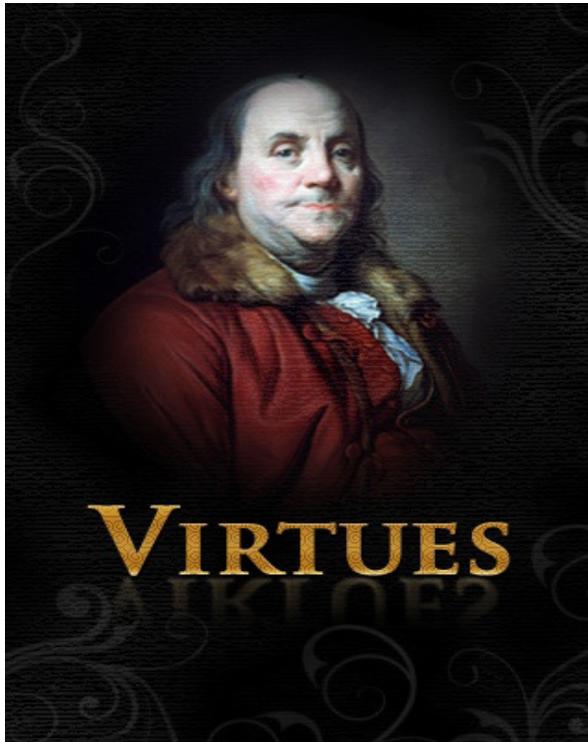
Suez Canal

- In 1869 the Suez Canal was completed. It was built following Lesseps' design and under his leadership. It was during that quarantine thirty-seven years earlier that the plan for the Suez Canal was germinated and was conceived by Ferdinand Marie de Lesseps. The entire world has reaped the benefit ever since.



Thirteen Virtues: Tranquility

Benjamin Franklyn



Tranquility

- The wise advice of Benjamin Franklin, as a way of attaining inner transformation, can be a very important tool in our lives when we face adversities. We should remain tranquil and not be disturbed by occurrences that are common or unavoidable.

Tranquility

1. Normal Existence
Capable of objective,
valid reasoning,
unclouded by doubt and
undue emotion.

2. Receipt of Bad News
Wow, that's bad news.

3. Denial

This cant be true. This is
not happening to me.

Aggression

I'm going to slap anyone who
says anything more about this.
I'm going to sue my doctor
because he is not doing all he
can do to help me. (and various
other forms of attacks, such as
shooting the messenger.)

4. Anger
Get out of here!
This is crazy! I
can't stand news
like this!

5. Depression
Oh no, it is true.
There is nothing I
can do. It's
hopeless.

**Confusion, early
bargaining, and continued
anger and denial**
Why did this happen to
me? I didn't do anything to
cause this. What am I
going to do?

6. Bargaining - I should accept
that things are not going to
change. Then, I can go on with the
rest of my life. If I stop feeling
miserable I can think clearly
again, and maybe even find a
solution.

7. Acceptance - Well, it
could be worse. I'll just have
to make the best of it. And
hmmm, this is starting to
look like a blessing in
disguise. I'm glad this
happened.

The Cycle of Acceptance

Acceptance in Adversity

- Many times we wonder what is going to happen to us, and quite often we feel impotent and uneasy when thinking about events that will next occur in our lives.
- The fact is that we are always the true artisans of our destinies, and whatever we sow today is what we are going to reap in the future.
- We are able to realize that whatever is in our way today follows a determination that we acquired for ourselves before the present incarnation.

Courage before Adversity

“You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give.”

Eleanor Roosevelt



Self-Acceptance

- ❑ Self-acceptance is being loving and happy with who you are NOW.
- ❑ It's an agreement with yourself to appreciate, validate, accept and support who you are and what you have at this moment.
- ❑ Self-acceptance leads to a new life with new possibilities that did not exist before because you were caught up in the struggle against reality.
- ❑ Some have this misconception that if you are happy with yourself you won't change things about yourself. This isn't true, you don't have to be unhappy with yourself to know and actively change things you don't like.



Self-Acceptance

Allowing yourself to be loved (by loving yourself), is the most important part of acceptance, and what makes it an extremely powerful healing tool. Love is the energy that underlies all of life. Love heals. When you love what is, you find the healing it contains.



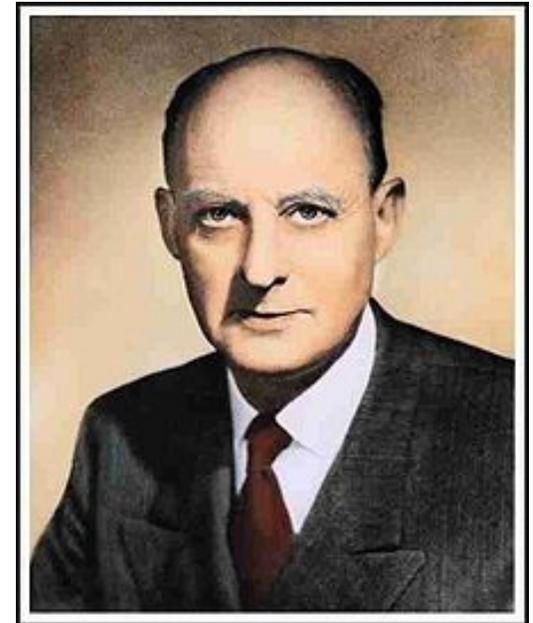
Self-Acceptance

Remember, the most powerful and wonderful healing tools are often the ones that are manifest around you in everyday life. This is because they work! Sometimes it is easy to miss them because they are not flashy or popular, or because they are misunderstood. Healing does not have to be a struggle.



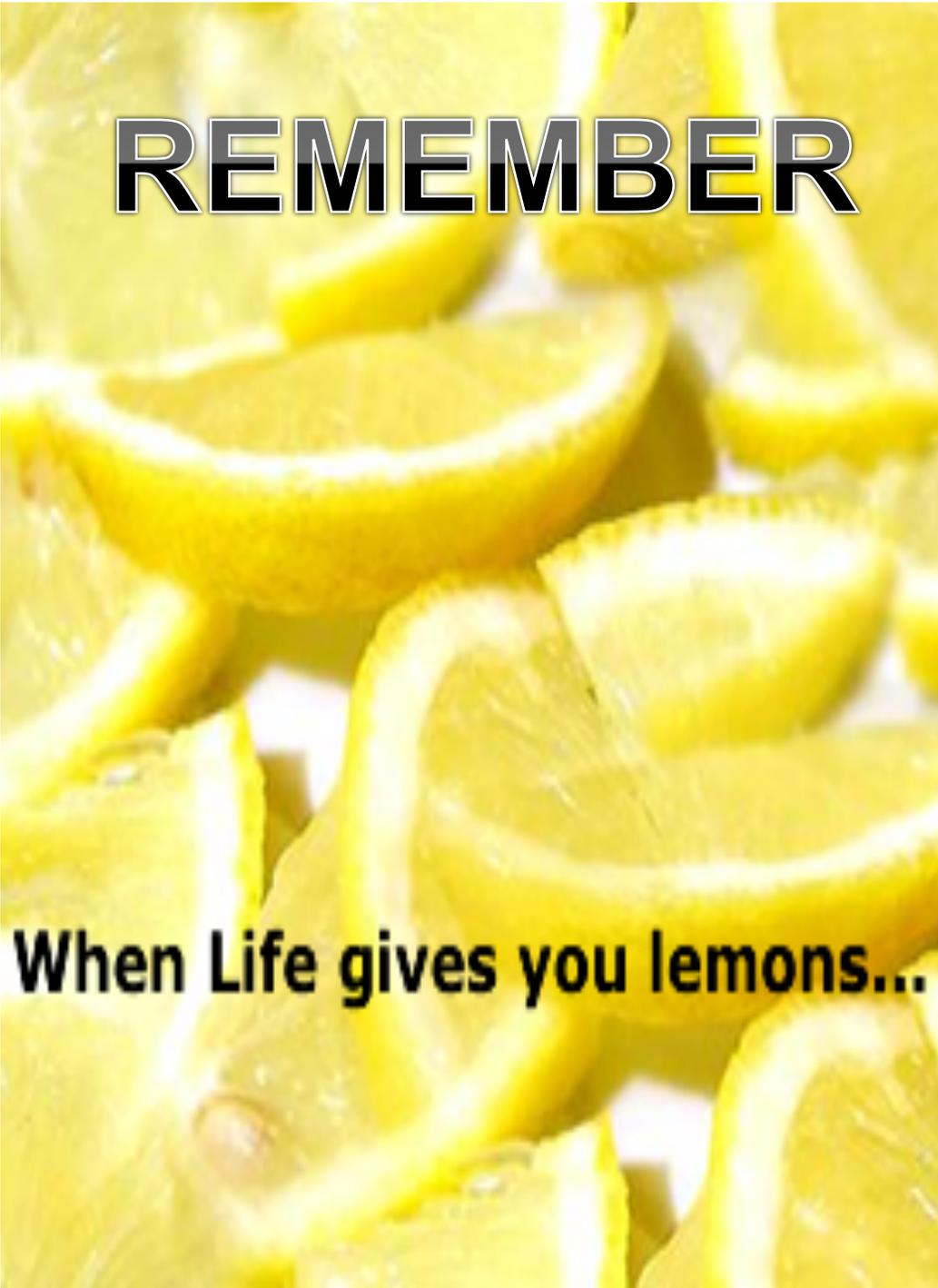
Serenity Prayer

- "Father, give us courage to change what must be altered, serenity to accept what cannot be helped, and the insight to know the one from the other."



Karl Paul Reinhold Niebuhr
American Theologian
June 21, 1892 - June 1, 1971)

In 2009, Duke University librarian Stephen Goranson unearthed the copy of the prayer from 1937 (above). In response to this finding, Shapiro conceded that "The new evidence does not prove that Reinhold Niebuhr wrote [the [prayer]], but it does significantly improve the likelihood that he was the originator."



REMEMBER

When Life gives you lemons...



make lemonade.



Spiritism for Everyone

Live web meetings

Participation

Dissemination

Collaboration

Unification

Communication

Assimilation

The Spirits' Book

The Immortality of the Soul:
The Nature of Spirits and Their
Relations With The Corporeal Life;

The Moral Law:
The Present Life, Future Life,
And The Destiny of
The Human Race.

Visit our website for
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