

You know the dream:



Happiness, Not overthinking, No anxiety, Physically fit

And then to live every moment without being distracted by the past or the future. For neither really exist in the present moment.

Unfortunately, acceptance is also really hard to cultivate. We're practically wired to not accept the moment if it's not 100% comfortable.

So, what can we do?...

Accept everything just the way it is. Sounds very simple yes?

Acceptance is perhaps the most important attitude to overcome mental challenges in life.

It's a state of mind. There's no destination or goal with acceptance. It's simply the process of exercising the mind to be tolerant of anything life throws at us.

Why is it powerful?

Because instead of fighting against negative emotions like anxiety and stress, you're actually accepting them the way they are. You're not bitter, and you're not creating more negativity out of your negativity. Through acceptance you pave the path for negative emotions like anxiety to become less powerful. You're not fighting against them and making them worse.

But to be clear: Acceptance is not the following:

It's not indifference or apathy. It does not involve giving up or not trying. It's simply about accepting things without judging them.

It is what it is. Whatever happens happens. It's about being patient and allowing the natural flow of things to take place.

You may abandon your own body but you must preserve your honour. Don't do anything that you won't be able to live with for the rest of your life. Your actions define you, not your beliefs. Think before you gorge, binge, take risks.

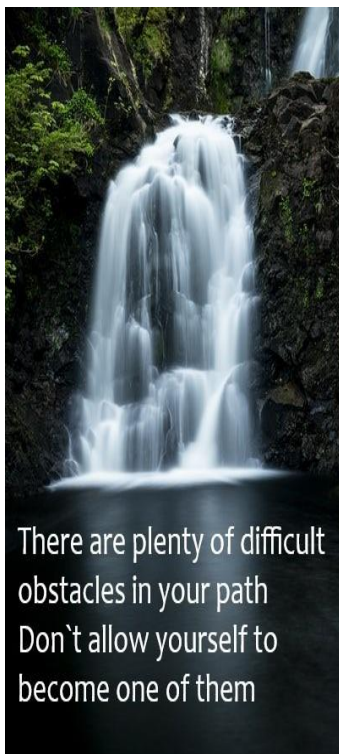
Never stray from the way.

Stay humble, do the right thing and always keep learning and growing.

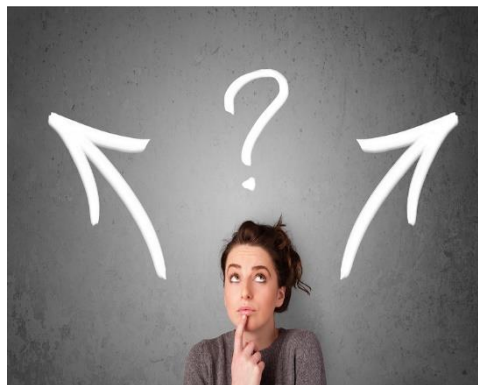
Looking to reduce stress and live a calmer, more focused life? Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world – without chanting mantras or finding hours of special time to meditate.

By devoting full attention on what we are doing in the moment, we can alleviate suffering, fear and anxiety.

With the power of mindfulness at our fingertips and the beauty of looking deeply, we can find insights to transform and heal any situation.



Old way's will not open new doors



Treeofpastlife.co.uk - Author of "One For The Ladies" [click here](#)

