



# THE PURE HEART OF ACCEPTANCE

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# The Heart of Acceptance

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# Preface

I have started the practice of acceptance more as a necessity than a spiritual pursuit. I was in a situation where I really needed to change my life and the things around myself, and I understood that only the practice of acceptance can get me out of my situation. As days and months passed by, I noted different passages from what I understood and after 2 years I compiled out of them the book that you are presently reading.

There is not much to say about acceptance, so the book is not lengthy but rather compressed as information, but I made sure that I have explained every detail of the process I underwent.

As a bonus, or better said as a surprise that happened in my practice of acceptance, I discovered that by practicing it, the heart opens, so you can see the world in its pure and pristine quality. Therefore, I also adapted the title to include it, naming it instead of "The Path Of Acceptance" to "The Heart of Acceptance". There is a lot written in this book about the open heart of acceptance, and I even dedicated a full chapter for it.

I hope you will enjoy my book and you will gain the necessary courage and attitude to practice it yourself. Namaste.

# Chapter 1

## Acceptance in spiritual terms

We will begin by saying that acceptance, in spiritual terms, has basically nothing to do with the mundane term of acceptance. The usual term is seen as a hard to accomplish and sometimes even as an impossible thing to do, given the difficult circumstances of our lives. It is hard to accept or forgive a person that did you wrong, so many times, it is hard to accept a situation in which you've been hurt so badly, it is generally hard to be or even exist in non-acceptance of the so many things happening externally around you. In spiritual terms, acceptance is merely a tool to help us go through all our difficult situations that are present in our lives. It is a practice in itself that lets us see the truth of what we are and what we are doing, that makes us realize our situation clearly, our intentions and our purpose with much clarity and awareness. It is only after we realize that we can apply acceptance in our lives that we can start to see, clearly, how we have become and what our present moment holds.

The result of applying acceptance in our lives is translated basically by having clear awareness, or as some might say mindfulness-awareness. We start to see life as it is, clearly, as we become aware of our present situation, we are starting to pay attention to what is around us, we're here and now and our feelings, including our thoughts and emotions, are starting to show themselves to us, in a gradual fashion. All these thoughts and emotions that are revealed to us through the practice of acceptance basically exist because of countless causes and effects through which we arrived now, in the present moment. In other words, whatever we experience as our present moment is our own karma, our own deeds that brought us here.

Realizing this, will make us suddenly become more mindful and see the virtue of acceptance for what it really is, no more than a spiritual tool that helps us to be more aware or pay attention in the present moment.

The practice of accepting the present moment never ends. We can practice it for our whole life, as our practice of choice. It will bring us many benefits as it will clean our perception in each and every situation, it will help us be aware of our life more and more, it will make us understand with more ease the situations around us and it will also change the way we act toward our world, bringing more kindness, joy, compassion while at the same time fostering tolerance and forgiveness towards all the others.

Overcoming your current situation, can be easily done by first accepting your present situation, as it is. This is the first step toward your own liberation, toward your own freedom. Non-acceptance of the current situation is definitely the opposite and it can be translated into the resistance toward the very present moment. By accepting with wisdom the situation that we're presently into, mindfulness will start to arise effortlessly. Equanimity, or the calmness of the mind, the relaxed attention through which you perceive the world, makes way to mindfulness to occur spontaneously in your own mind. It is only after you have began and sustained for weeks and even months your practicing of acceptance (of the present moment) that your life will start to clear up of unwanted situations. You may now rest in the present moment and you are now fully aware of your present situation, which is different in each and every day, but also holding the main route of your own life. This is the best way in which you can start to change your current situation, by practicing acceptance, by first realizing how you are and what your current situation is.

You have to be assertive in your practice, because when you lose your practice and stop practicing acceptance as your main goal in your day, your mindfulness will switch back gradually to the regular Ego-mind, making you enter