

Acceptance and Letting Go



1. You know quite well, deep within in you, that there is only a single magic, a single power, a single salvation . . . and that is called loving. Well then, love your suffering. Do not resist it, do not flee from it. It is only your aversion that hurts, nothing else. (Herman Hesse)
2. Be willing to have it so; acceptance of what has happened is the first step to overcoming the consequences of any misfortune. (William James)
3. 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-Tse)
4. Don't try to force anything. Let life be a deep let-go. See God opening millions of flowers every day without forcing the buds. (Bhagwan Shree Rajneesh, *Dying for Enlightenment*)
5. A thing is complete when you can let it be. (Gita Bellin)
6. I do not expect anything from others, so their actions cannot be in opposition to wishes of mine. (Swami Sri Yukteswar, *Autobiography of a Yogi*)
7. One has to be oneself. That's my basic message. The moment you accept yourself as you are, all burdens, all mountainous burdens simply disappear. Then life is a sheer joy, a festival of lights. (Bhagwan Shree Rajneesh, *The Sound of One Hand Clapping*)
8. Not judging is another way of letting go of fear and experiencing Love. When we learn not to judge others – and totally accept them, and not want to change them – we can simultaneously learn to accept ourselves. (Gerald G. Jampolsky, *Love is Letting Go of Fear*)
9. You must love yourself before you love another. By accepting yourself and joyfully being what you are, you fulfil your own abilities, and your simple presence can make others happy. (Jane Roberts, *The Nature of Personal Reality*)

Source:

Susan Hayward, ***A Guide for the Advanced Soul*** (Avalon, NSW, Australia: Hayward Books, 1984).