



## Self Acceptance

December 2011

Accept your nature as it is now whatever your obvious faults. Try not to continually feel that you are somehow inferior to others or that you are riddled with shortcomings and defects. It is only in this way that the grosser aspects of the mind will drop away. If elephants spent their time wishing they were goldfish or peacocks spent their time wishing they were cows, then they would live totally disharmonised lives. But animals live in accordance with the way that they have been designed. They have a unique role or dharma to perform in the kaleidoscope of life and they do it and because of this they live harmoniously. Humans should live harmonised, tuned in lives but unfortunately this is rarely the case as often people cannot accept themselves as they are- with their faults. In one way this is a good thing to help motivate overcoming apparent limitations and elevate a person to higher realms of understanding and bliss. However, generally the lack of self acceptance is so overwhelming that it totally grinds a person into an overburdened state of worry and dissatisfaction, which leads to a life that is lived at a very low level compared to the possible potential. There should be more self acceptance combined with the need to improve oneself. There should be aspiration for self improvement, but not neurosis or frustration because of the faults a person sees within themselves. Try to accept your present personality no matter what it's obvious weaknesses and faults but still have the aspiration to overcome them with patience and understanding. The inability to accept oneself is a fundamental cause of disease. Lack of self acceptance results not only in mental disturbances but also physical ailments. Mental dissatisfaction leads to a reflection and manifestation in the physical body. The aim of an individual should be to find a natural role in life and stick to it – so many people are on the path of *adharma* (in opposition to their natural inclinations), one can never tread the path of dharma if in conflict with oneself. Non self acceptance only leads to neurosis and suppression. Accept your faults with awareness, find your dharma, harmonise your life and eventually you will transcend all faults and problems. (Extract from Yoga and Kriya ... Swami Satyananda Saraswati )

**Meditation for Self Acceptance** Life is Sacred – I hold in my heart all the parts of myself – the infant, the child, the teenager, the adult, my present and future self. Every embarrassment, mistake, hurt and wound I accept fully as part of my story. My story also includes every success, every failure and every truthful insight and is valuable in ways that I may not fully understand right now. At this moment in time I choose to accept and love every part of myself. I have compassion for myself and I also feel compassion for others. I create a life of acceptance and understanding. (Louise Hay)

With all best wishes for the festive season Namaste Ann xx Classes finish wed 21 Dec – resume 9 Jan.

Christmas workshop is 29 Dec 10 to 12 at Millennium Centre – all details v [www.yogayousanctuary.co.uk](http://www.yogayousanctuary.co.uk)