

ACCEPTANCE: [Eckhart Tolle] and listen to the audio from Still Speaks

Surrender, one could say, is the inner transition from resistance to acceptance, from “no” to “yes.”

When you surrender, your sense of self shifts from being identified with a reaction or mental judgment to being the space around the reaction or judgment. It is a shift from identification with form—the thought or the emotion—to being and recognizing yourself as that which has no form—spacious awareness. P.73

When you say “yes” to the “isness” of life, when you accept this moment as it is, you can feel a sense of spaciousness within you that is deeply peaceful. P.67

When you say “yes” to what is, you become aligned with the power and intelligence of Life itself. Only then can you become an agent for positive change in the world. P.43 ET

The way to yourself is not by improving yourself. This is easier than improving yourself. If life gave you a bundle of awful things, with a name for it that you didn't even choose, still somehow it has taken you here. Some with a bad bundle get there more quickly than those with a nice bundle of content, stuff. ET Omega 2002

See the power of an uncompromising yes to what is, to the now. You are no longer dependent on any content being pleasant or not. It is accepted completely, because it is. Something arises, so to speak, that is greater, infinitely vaster, than that which appears IN the moment: the form, event or circumstance. ET Omega 2002

You are more aware of the now, the spaciousness in which form happens. How do you find it? By allowing. Allowing the form that arises to be there, be it emotion or event. So-called good or bad. You allow it. You are not opposing it. When the form is allowed to be, it takes you beyond form, into the spaciousness. It allows you to realize that the essence of who you are is not any form that arises. And that is a wonderful freedom. ET 2002

Acceptance is not condoning: it is simply to say and see what is. This is how these humans behave. No matter how you judge it, you cannot argue with Isness. You agree and accept the isness. Then you can work with the content, try to change, compassion, etc. but now you do it from the starting point of isness, calm, dimension of IS... Come to an inner acceptance of the isness of life right now. Tolle/Oprah 10

Instead of being at the mercy of external conditions through surrender, you go beyond the conditions of your life which seemed so limiting, through surrender. That's the miracle. And what do you surrender to? Only now. Nothing else is needed. Only this moment.

So all that's needed in surrender is this moment: it is not a lot. It is as it is. And you embrace this. and that is where true power arises.

...The world becomes satisfying when you don't expect it to satisfy you anymore. And this moment becomes satisfying, because the illusion that at some time in the future it will satisfy goes away. Suddenly you discover something long forgotten: the now. The now had been a means to an end. You see that almost everything you did was a means to an end. You become aware of the now as it is, not in the service of a mentally projected self. You discover how liberating it is to discover the now. Miraculous. Everything is truly miraculous. This is truly awakening. And you awaken into now.

More and more you live as the space in which the world happens. Basically it means that you are the now in which it happens, not what happens, you are not the thought that happens, the emotion, the event, the situation that happens, you are none of that. If you think you are that, it is delusion. You are not what happens, you are the space in which it happens. When you know that, through surrendering to what is, life becomes quite enjoyable. The world of form, the dance of form, becomes enjoyable, and you know everything comes and goes. ET Omega 2002

What is the present moment? In any experience you have, the one factor that remains constant, is the consciousness or the being, the field in which the experience arises. \nothingness from the point of view of the mind, and yet the fullness of life itself. All phenomena come out of that. So the now is really consciousness itself, before something comes out of it. The timeless factor in every experience is consciousness, and it is you in the deepest sense. ET Omega 2002