



TESS Newsletter

Accordance to Article 7
Section 3 of its Constitution

No. 20 of 11th December 2014
Episode 118

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 50)



"Working Hard at Working Smart" (part LXI)

2014: Raising The Bar: Spiritual Value Series: The Power of Acceptance



"Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it."

Michael J Fox, Canadian-American actor, author, producer, and advocate.

The future we want: The Promise: The Force Beyond

You Have More Power Than You Think

David Geller, CEO and co-founder, GV Financial Advisors; Author, *Wealth & Happiness*.

At some point in our lives, everybody encounters tough times. It's part of life. We cannot avoid life's challenges, but we *can* choose how we respond to our misfortune.

Chronic health issues are among life's most difficult challenges. Several years ago, a close friend's health started to decline. Although nothing appeared to be life threatening, she often felt tired, lethargic, and achy. As she battled her illness, she modeled how to deal with a chronic problem.

Her first response was **acceptance**. Many people go into denial when faced with unfortunate circumstances. They think, *Why me? This isn't fair. What did I do to deserve this?* But when we think that way, **we deny our own humanity**. These things happen to humans and you are human. We are all at risk of bad things happening to us. **No one is immune**. Period !!!

Because she was able to accept her condition, my friend could use her energy in a more positive way -- to make the best decisions for her health and her future. She didn't waste her now-precious energy lamenting her fate.

The actor Michael J. Fox was dealt a horrible blow when he was diagnosed with Parkinson's disease at the age of 30. Despite the seriousness of his illness, he continued his acting career and created the Michael J. Fox Foundation, advocating for research to find a cure. He said, "**Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it.**"

My client also enlisted a second, very powerful resource -- **a combination of faith and hope** that she could figure out a way to feel better, a way to improve her condition. Because she never lost faith and hope, she never gave up and continued to work to find the best treatments for herself.

Those resources gave her courage and empowered her to move forward even though she didn't know what the future held for her.

As Martin Luther King, Jr., said, "**Faith is taking the first step even when you don't see the whole staircase.**"

My friend wisely used all elements of her wealth to tackle this difficult challenge. She relied on her **talents** (a sharp intellect) and **wisdom**, reading all she could about her illness and possible treatments when her **health** permitted her to do so. Feeling empowered by her growing knowledge, she tried a variety of things to help herself. Some worked and some didn't, but with each attempt, she got wiser about what to try next time.

She also used her extensive **network** to identify people who might be able to help, and she was willing to devote her **time** to do the things that might help her feel better.

She also used her **money** to consult with the best healthcare providers she could find. As she dealt with her illness, she told me she felt fortunate because she had the financial resources to pay for additional treatment and explore alternative methods.

Yes, my friend was fortunate enough to have financial wherewithal to seek treatments that might not have been available had she not had the money to do so. **But without her acceptance of her illness, her faith and hope that she could overcome it, and her time, intelligence, wisdom, and network, her money alone would have been of little value.**

Today, she is feeling much better and is fully engaged in life. She is traveling, spending time with family and friends, **and enjoying a burst of artistic creativity.**

When life deals you a tough blow, it's easy to get down and feel powerless. Remember you have more power than you think. You have the power to choose how you respond to adversity. You have the power to use your energy in a positive way to enlist all your resources in your efforts to overcome a challenging situation. You have the infinite power of faith and hope. You have the power to take that first step, even if you can't see beyond it.

Making a Difference Make it a Priority

Acceptance Leads to Inner Peace

Remez Sasson

There are certain things we can change in our life, but there are also things that we cannot change. If we keep worrying about them we lose our peace, but if we accept them, they stop being important, and we stop worrying about them. What we cannot change and cannot influence no matter what, should not be of concern to us.

People tend to focus and think about things which they have no control over. Why worry about something that worry will not change? Why care about what other people think of us, when we are not even sure what they are thinking about? Why worry about the weather, if we cannot change it? Why worry and feel concerned about other people actions, about which we have no control?

Learn to accept what cannot be changed and you will experience inner peace. I am not telling you to be passive and stop acting in the world. Change what you can. Improve what you can. This will improve your life and improve how you feel, but learn to accept people, circumstances and situations that are beyond your control.

Sometimes, acceptance is temporary, until you know more, learn more and reach a stage, where you can change and improve certain situations that you could do nothing about before.

Daily Acceptance Prayer

Author Unknown

*I accept myself completely.
I accept my strengths and my weaknesses,
my gifts and my shortcomings,
my good points and my faults.*

*I accept myself completely as a human being.
I accept that I am here to learn and grow,
and I accept that I am learning and growing.
I accept the personality I've developed, and
I accept my power to heal and change.*

*I accept myself without condition or reservation.
I accept that the core of my being is goodness
and that my essence is love,
and I accept that I sometimes forget that.*

*I accept myself completely, and in this acceptance
I find an ever-deepening inner strength.
From this place of strength, I accept my life fully and
I open to the lessons it offers me today.*

*I accept that within my mind are both fear and love,
and I accept my power to choose which I will
experience as real. I recognize that I experience
only the results of my own choices.*

*I accept the times that I choose fear as part of my
learning and healing process, and
I accept that I have the potential and power
in any moment to choose love instead.*

*I accept mistakes as a part of growth,
so I am always willing to forgive myself and
give myself another chance.*

*I accept that my life is the expression of my thought,
and I commit myself to aligning my thoughts more
and more each day with the Thought of Love.
I accept that I am an expression of this Love.
Love's hands and voice and heart on earth.*

*I accept my own life as a blessing and a gift.
My heart is open to receive, and I am deeply grateful.
May I always share the gifts that I receive fully,
freely, and with joy.*

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The journey continues...