

A background image of white flowers, possibly cherry blossoms, with soft, out-of-focus petals and yellow centers, filling the top half of the page.

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ask diane

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How can I accept something that has been bothering me?
Even if it's been bothering me for years?

Most of us have things we have trouble accepting. It could be a financial challenge, a career setback, a divorce, or a chronic illness. Almost all of us have things—both big and little—that trouble us.

There is a way to transmute any anger, frustration, or despair that you are experiencing. One simple way is to witness that there is divinity in everything that God gives to us. We don't have to understand how something troubling can be a divine gift. We merely have to witness that it is divine. The gift will eventually emerge. Everything is designed for our soul's growth. Of course, that doesn't mean you are always going to be happy. But when you finally see what the gift is, usually you are just as happy as your soul!

With something small, like a traffic jam, perhaps you can see the gift in a matter of minutes or hours. With other things, it might be days, weeks, months, or even years, before the full fruit of the practice is realized. But each time we release a little splinter from our hearts, our life expands. When we resolve big things, we will experience great expansion. So much energy that had been bond up becomes free.

If you truly surrender whatever you think should be, and accept what is, you will feel a flash of liberation. The doors will open in a big way. As if you were opening a combination lock, many things in your life will suddenly fall into place. Surrender and acceptance can create miracles.