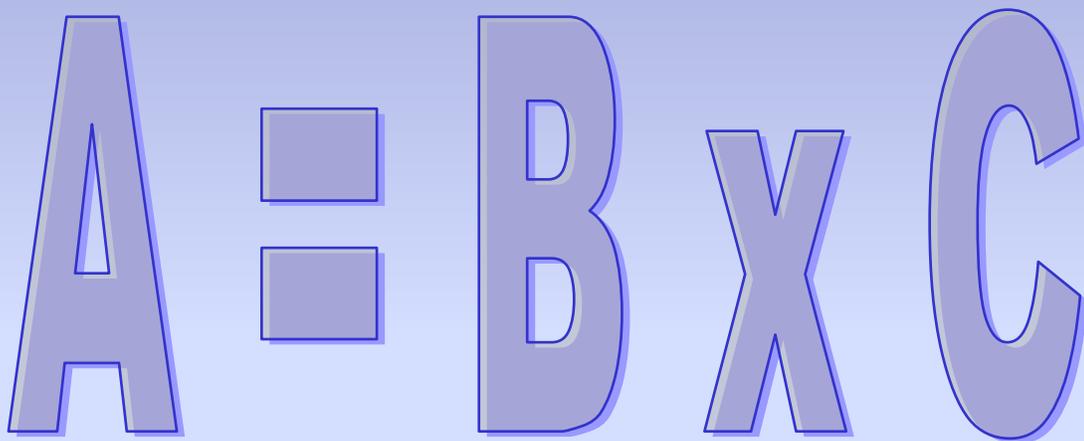


To Serenity and Beyond

THE ACCEPTANCE FACTOR



Peggy Lee Hanson

Acceptance equals Belief multiplied by Compassion

Book Three in My Life Adventure Series

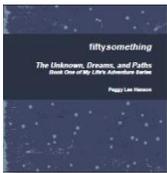
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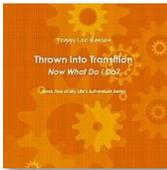


Who is Peggy Lee Hanson and why should you listen to her?

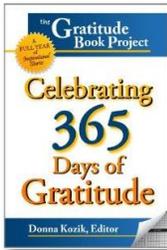
Peggy Lee Hanson was thrown into the world of transition when Delta Airlines first merged with Northwest Airlines in 2009. She has since become an expert at helping others experiencing loss of any proportion, mentoring and guiding them through their journey with proven strategies, compassion, and support.



She says, "As a personal transition strategist, I inspire, encourage, support, and compassionately help individuals, especially women, suffering through change to quickly and easily attain the life of their dreams that they are meant - and deserve - to live. "



Peggy Lee Hanson is an empowering Speaker in demand, two-time Best-selling Author on Amazon.com, writing her own books and contributing to several others. She has been featured on the cover of yet another and quoted in a personal journal. (Find out more at www.UnknownDreamsNPaths.com.) Peggy Lee has been featured in online articles, magazines, and telesummits. She is a successful Coach, Mentor, Strategist, and CEO and Founder of My Dream Architect, a subsidiary of Personal Transition Guidance, LLC. (Learn more at www.Inspiration4Encouragement2SupportU.com)



She has been a regular columnist for online communities, and is published in EzineArticles.com. Peggy Lee has also co-facilitated mastermind groups of small business owners, and began her own Meetup.com group for "Women in Transition Who Have a Dream."



Peggy Lee developed the proven strategic methodology of Trusting Your Transition™ based on her book, "Thrown into Transition: Now What Do I Do?" describing her personal challenges and accomplishments. She created the system to help women that are starting over after experiencing life-altering circumstances such as job loss, and offers in addition to inspiration, encouragement, and support, tools crucial for personal empowerment. (Find a movie preview of the book at www.ThrownIntoTransition.com)

She is a member of Toastmasters International and is married to her husband of 30+ years; they have three grown children whose own families are expanding. She enjoys speaking, writing, reading, music, puzzles, board and card games, traveling, watching sports and, of course, people.

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The Acceptance Factor: To Serenity and Beyond

Dear Seeker of Acceptance,

I searched high and low for the answers to my questions.

I asked the best authority on each subject.

I talked with friends and family for their insight.

I spoke with teachers, doctors, and clergy.

I met with community leaders and those of the world transformation leadership council.

The answers to my questions were elusive.

I read books written by even more authorities, journaling about what was read.

The answers still were not forthcoming.

Who else can I ask?

I've talked, written, read, and spoken with everyone I could think of.

Finally, the answer came; the light bulb clicked on.

I connected to that person and got each answer to every question I had asked.

Finally!

I found the one true authority that had all the answers to my questions.

I just had to keep looking deeper to find her.

Know who it is? Can you guess?

It was me.

Experiencing the loss of support, whether it is emotional or financial, and the security you once had because of that support, can be devastating. The separation is real and the pain that comes from that loss is as big and grievous as the death of a loved one.

This eBook was written to help you finally find the acceptance of which you seek, whether it's from a separation, situation, or with your Self. There are also a few tools included to empower and support you, too, while moving toward your serenity and beyond.

Congratulations on taking this huge step and I hope you enjoy the process.

To your success,



Chapter 1: Problems, Concepts, and Strategies

Oh, the lions, tangled webs, and fears we have in life.

“The doors we open and close each day decide the lives we live.” ~Flora Whittemore

We’ve all been there, asking the proverbial *why* when something bad has happened to us or occurred in our life; perhaps the situation is a failed relationship, a loss of friendship, or a sudden change in employment. Regardless of the circumstance, your world has been turned upside down. You feel dejected and rejected. You are sad and maybe a little mad, too. And you’re desperately trying to make sense of both the *why* and how the relationship got to that point, or how you could have possibly lost that job after all those years at the same company.

Perhaps the life changes occurring aren’t so horrible and life-altering, only life evolving, such as a child born into your family or the child is graduating from high school or college, maybe even getting married! Oh my goodness!

Regardless what the event, no matter how big or small, you can hardly get through any of these times without experiencing emotion and maybe, downright fear. But what if you could pass through these changes and situations quickly, effortlessly, and gracefully, with a bit of humor thrown in to feel and be happy and confident again?

You can, you know; it just takes a bit of effort along with self-reflection. Yes, a mirror is good for more than checking your makeup or seeing if that cowlick is back in its place. Along with looking inside of yourself, having good tools in your back pocket is key in helping you transition through these tough and challenging times of change.

The following pages will answer what may be your most pressing questions: What do I do now? How can I go on without the support I once knew? When will I begin to feel better? What’s the next step I should take? Should I take a next step?

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Also in the following pages, you will find techniques that can be implemented to take you well beyond serenity leading to acceptance in all situations or with every relationship you have. By having these tools in your kit, or back pocket, they will be close at hand and come in handy when you need them most.

How do I know this to be true? Because I've triumphed, thrived, and transcended through those transitions using techniques, tools, and good old-fashion tenacity. And, if I can do it, so can you!

So, read on, my friend, young Luke Skywalker, Grasshopper, Everyday Joe, Plain Jane, and Seeker of Good Fortune, to discover how to not only accept situations as they occur, but also the people involved; and that includes YOU!

Chapter 2: Step Back, Breathe, Rinse and Repeat

Making sense of the loss of what once was and had been.

“We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot.” ~Eleanor Roosevelt

The first and most important step in accepting what’s happened to you is three-fold: Stop, step back, and breathe. (Stop! Look! Listen! will come later.)

I once had been involved in a training session where laser coaching, a fast-get-to-the-point-of-pain-and-gain approach, was being conducted. The person with the “how do I” question was rambling on and on with a long story. The leader said, “Stop.” The person kept on talking. The leader said a little louder, “Stop!” The person kept on talking. The leader shouted at the top of her lungs, “STOOOOOOP!” I was stunned and shocked; and I also felt bad for the person who asked the question. She simply wanted an answer to her problem.

What the leader wanted from the person was to stop with the story. After all, that’s all it was – just a story of one version of a situation that happened and how she felt about it at the time.

But when telling our side it’s hard for us to stop when in so much pain, blindsided with the hurt of a breakup or loss of any kind and size, and trying to make sense of it all.

It took me many months to see the reasoning behind it, but the lesson I took away, and what I tell my clients, is it’s OK to feel what you’re feeling, yet at some point you must step back away from the pain. Unless you are a masochist and don’t want the pangs of hurt and anguish to stop, this may be easy; however, you may also feel you don’t have the time to invest in stopping to step back. All you know is that you just have to keep moving forward; and as far as breathing goes, that’s for the new age type of people who live in California and eat only raw foods.

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You try to be strong and just keep moving forward minute to minute, hour to hour, day to day. But just going through the motions isn't going to solve anything, give you new tools to put in your pocket, or conquer the stressors of change that will inevitably occur in the future.

Get over it.

If you really want to move forward, to learn acceptance, Grasshopper, you must stop; say "enough is enough;" and also, repeat after me, "I'm OK. I'm alive. I'll survive. I'm alive and I'm OK." This mantra helps you with the second part of stepping back, putting distance between you and the situation or circumstance. This is the hardest and most harsh step to do. If you cannot reach this point, you will never stop being the victim; you will always be in pain.

The biggest part of acceptance is accepting where you are on the smaller scale at any given moment.

When there is enough distance, then you can breathe with ease. Cleanse your lungs with the fresh air brought in through your nose and get rid of the remaining bad through your mouth. On the exhale, make a sound or just blow the yuck out and watch it dissipate as it moves away from you.

What really melts away in this first and most important step is judgment; judgment for how you're feeling, the feelings of others, or the situation that was created. You begin to accept everything just as it is; nothing more, nothing less.

We judge ourselves incessantly. We want others to like us, to accept us. What's so bad about wanting to be accepted and liked?

Absolutely nothing. But before anyone to accept what we wish for, in accepting us, we have to do it for ourselves first. This is where the long and hard work comes into play.

The Acceptance Factor: To Serenity and Beyond

Before heading into the next chapter, take a moment and reflect on what you just read. Perhaps you may want to write your answers to the questions below in a special journal.

What do I need to step back and away from?

How often will I practice the breathing exercise?

At this moment I will accept....

Chapter 3: Assess Objectively and View at All Angles

Dealing with the effects of loss of the person, situation, or circumstance.

“The best things in life are unexpected - because there were no expectations.” ~Eli Khamarov

Leave expectations at the door. As you practice stepping back begin to look at everything objectively – you, the situation, the others involved – with no attachment to what has occurred before or with whatever the outcome may be.

Imagine if you read a book or watched a movie not knowing one single solitary iota about the plot or characters. If you think about it, isn't that what life is like? You don't know who will come into your life, who you will marry, or if you'll marry, where you will end up living, how long you will live, or what countries you'll visit.

You may be familiar with the coaching exercise where you are taken into a meditative state, one of contemplation. If not familiar with what to do, imagine going through the following motions, or read through the next paragraph, and then with your eyes closed, complete the meditation on your own.

You walk into a room with wall-to-wall and ceiling-to-floor entirely filled with books. As you enter the room you are drawn to one book in particular. It's calling to you; however, the book is a few shelves above your head; you need a ladder to reach it. You get the ladder that's on a pulley and wheel system; it glides along the shelves in order to gain access to the books high up. Moving the ladder into place, you climb up three rungs, reaching as far to the right as your arm will go, to access the book that is whispering your name over and over. You take the book off the shelf, tuck it under your arm, and using both hands to steady yourself, climb back down the ladder. Once down, you sit in one of the big olive-colored upholstered overstuffed easy chair, holding the book in your lap. You run your hands over the book. The book is new, yet

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smells like old tanned leather. The page edges look worn. You open the book cover. The title reads, "My Story." You turn to the next page, but it's blank. You turn the page leaf to go to the next one; it is blank, too, as are the rest of the pages. "Well, some book this is... calling my name and there's nothing written in it."

Upon finding the book had nothing written in it, you were disappointed, perhaps even a bit angry; you had an expectation that wasn't fulfilled. You expected to see words that formed sentences creating chapters of the book.

Now, look at the story again, but from a different perspective. The book has your name on it, yet the pages are blank. There are no words on the pages because those wordless leafs hold your future; there isn't a story to write on them yet.

The beautiful moral of this story is that we only know for certain what has been in the moments passed; we know not what the future holds, therefore, it is unwritten. We choose our path, directing our journey.

Stop! Look! Listen! Stop and look around you. What do you see? What sounds do you hear? What are others doing or accomplishing, and what are the emotions that are awakening?

Sans any expectations you might have, let's go into the objectivity of looking at the situation, the other person involved, and you.

The most difficult aspect of this exercise will be to look inside the mirror with objectivity, using no judgment and showing no emotion. Your breathing tool will come in handy here, too, by taking in the bad air and blowing it back out, watching the particles move further and further away from you.

Imagine yourself as the onlooker, the observer, while the scene plays out.

Act One. The curtain opens to two people, you and your alter ego, each sitting at a desk with pad and pen at opposite parts of the stage; there is a spotlight on each of you as you write.

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You: Today I will listen with my heart, sans expectations. I will go the entire day with the intention of listening with my heart. Can I do it? Will it be difficult? Might this be a good exercise or practice to do daily? The Dreamer in me says this is the way to my success; that when there is no judgment on my part, I am open to new possibilities. I am calm. I accept all as is.

Alter Ego: Why is this happening to me? I'm a good person. All I want is for the other person to like me, to talk with me. She never writes anymore; she never did call, but that was OK; I accepted that. Why did they choose me to give the pink slip to? I'm a good worker; I know my craft. Why don't they like me? What did I ever do to them? Why don't they want me?

While looking at your most painful situations or relationships, use this concept of no expectations or no future to examine them objectively. Stand as a third party evaluating everything, every nuance, every action, every word. Observe and record the negative, but also, and more importantly, discover the beauty the friendship held or the skills learned while in the job and relish in its richness, the potential going forward.

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Before heading into the next chapter, take a moment and reflect on what you just read. Perhaps you may want to write your answers to the questions below in a special journal.

What expectations do I currently have?

While objectively observing my situation, how will I write my future?

At this moment I will accept....

Chapter 4: Change Your Language, Change Your Attitude

Being negative is familiar, plus it hurts so good.

“Changes in latitudes, changes in attitudes,” lyrics by Jimmy Buffett

Much has been written about how our thoughts and the processes of those thoughts steer our life. If you follow or are aware of the Law of Attraction, derived from the Universal Law of Vibration, you know that this particular law states you attract what you think about.

For example, if you not only think but also say to others in your life that you are not worthy to receive any riches, or aren't any good at something like drawing or writing, you actually spew those thoughts into the universe and it has no choice but to comply with those thoughts. How does it know anything different?

The universe isn't the only entity that hears you; be careful when saying you are not good enough or you don't deserve someone or their love and friendship; eventually, if you say it often enough, the universe and everyone around you will pick up on that vibration and deem it true; thereby dissolving the relationship or career or money from your life.

Begin to change your words, the language you use to one of more happiness, of more joy. Change it up to reflect only positive outcomes, erasing the doubts, do-nots and cannots from your thoughts and verbal exchanges. Whenever you hear yourself say a negatively charged word, immediately switch it out for the positive. Here's a common example: “I can't wait to see you!” is positively transformed into, “I can hardly wait to see you!” If you cannot wait for something to happen, chances are you won't have to wait because it may not happen at all. The vibration of “can't” is heard, keeping the statement in the negative state. The converse vibration holds true when using “can” in the positive sense.

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Do you, or know someone who says, “I don’t deserve –?” Why don’t you deserve this vacation, or that promotion, or having him or her in your life? If not you, who, then, does deserve all the good and great abundance to come into their life? Why not you?

“Why? Why me? Why not? Why not me?”

Indeed!

Another piece to expressing positive thoughts and actions is to remove all *shoulds*, *should haves*, and *if onlys* from your life. Using this type of language keeps you back in your history; it also begs for the ego to be massaged from those listening to you, perhaps also staying in agreement with your complaint.

STEP AWAY FROM THIS LEDGE!

A few months into my unemployment from the corporate world, I ran into a friend and had this short conversation.

“So, how’s it going?” he asked.

“Actually, it’s going great; yet feel as if I should have been where I am today three months ago,” I replied.

“There are no shoulds; it’s all a process; you are right where you are meant to be.”

DOH! That hit me like an open slap to the forehead! “It’s all a process...” Of course! I then began to realize and appreciate everything I’d been through and experienced up until that point. From that day on, I use “should” only when it concerns an action or outcome will occur: “When you turn the key in the ignition to the “on” position, the vehicle’s engine should start.” Even that example sounds a bit wishy-washy. Replacing the “should” with “will” makes the likelihood stronger the engine turns over.

Changing your language can be a bit of a challenge at first. If necessary, to help you get started, turn the strategy into a game of sorts, it can be really fun; give yourself a reward, from a pat on the back to a few minutes enjoying a cup of tea.

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Once you become practiced in changing up your language, you will begin to notice a few changes in you and your surroundings. The benefits can include being happier; you find that your headaches are more infrequent or nonexistent; perhaps even your family seem to be in a better mood these days. You may even notice that the company you keep has changed; you're now surrounded by more positive people!

There will, however, be days when circumstances are uncontrollable. You may have a mountain of debt; the creditors are calling; someone close to you was recently diagnosed with cancer. Each day we have to "deal" with life issues. But it is the how we manage those points that keep us in check and balance.

Imagine the bad sitting on one of your shoulders. It's there; you know it is; and you'll take care of it when you're ready to. But for now, keep it outside of your peripheral vision. And when it begins to show up like the light the eye doctor uses to test your periphery, acknowledge you know the issue is still there and assure it you will get to it later. Now, of course you can't ignore important items such as financial responsibilities forever, but you get the idea.

Putting into practice the positive language concept strengthens your inner core and makes all the negative stuff out there more manageable which lessens the stressors' impact.

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Before heading into the next chapter, take a moment and reflect on what you just read. Perhaps you may want to write your answers to the questions below in a special journal.

How is my current language impacting how I feel?

What practices can be put into place to strengthen the words I use?

At this moment I will accept....

Chapter 5: It's Not About You—Or Is It?

Working overtime to make someone else happy and content.

“We are taught you must blame your father, your sisters, your brothers, the school, the teachers - you can blame anyone but never blame yourself. It's never your fault. But it's always your fault, because if you wanted to change, you're the one who has got to change. It's as simple as that, isn't it?” ~Katharine Hepburn

You are in constant relationship with your friends, family, work-life, and environment. Contrary to popular belief and perhaps regardless of what your father said when you were younger, the world does revolve around you! Why wouldn't it? You are the center, the core of all existence! You are similar to the Sun, bright and warm, stationary while the earth and other planets rotate around you. Signals bounce off your heavenly body incessantly and without detection. You emit heat hot enough to melt the coldest of hearts.

Yet, something is wrong. What happened?

A friendship has soured and you're trying to make sense of it. When once you and your friend were so close, you couldn't get enough of each other; emailing or texting all day long; talking on the phone or getting together as often as possible, if you lived close enough to each other. But now, things have changed. She hasn't called, written, or invited you over. You try to connect, however, no response is received. You've done everything possible to make the other person happy, but something went amiss. You've given the relationship a break and have not written, emailed, or attempted to call for a few days. You feel lost.

Perhaps it's a situation or circumstance that left you lost; you're losing your job after long-term employment with the same company or there's talk about big changes at the office, consolidation, or right-sizing. Maybe your home business is suffering, taking a downturn in

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profits. The more you try to rationalize and put things into perspective, the harder it is to come to any conclusions or solutions. Why?

Okay, time to get your mirror face on again. Take a few deep breaths and blow all the bad particles far and away. Relax those shoulders. Now, pick up the looking glass. What do you see?

You see yourself, of course, and only yourself. No one is there with you. Now, look more closely. What is it about your face, or image you first notice? Is it your laugh lines? Is it the deep color of your eyes? Your lips? Is that cowlick showing up again?

All you know for certain is what you see directly in front of you: eyes; lips, chin; hair; ears. How you interpret what you see, however, is pure speculation on how you see your part: tired eyes; ruby red lips; double chin; messy hair; nice ears. Same goes with relationships and circumstances.

Everything that is happening to you is occurring in your surroundings. Nothing is happening that's affecting your physical being and presence. Remember the mantra from chapter 2? "I'm OK. I'm alive. I'll survive. I'm alive and I'm OK." It might be good to take a few deep cleansing breaths here, too.

The tool to put in your pocket is to know that you can only control you and how you react to circumstances and situations around you. You cannot make anyone else do anything they really don't want to do.

You don't do anything you don't want to!

Have you ever been around someone who had an unhealthy addiction? You can intervene, commit them to a treatment center, or threaten them within an inch of their life, and chances are a cure won't happen for them. Only when the other person sees and is ready to accept there is a problem or health concern can true healing begin.

Think about your own experiences, when someone wanted you to change or do something you didn't want to do. How did it make you feel? Were you willing to change just because this person wanted you to? Was it against your better judgment? Was it against your personal

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beliefs? If any of these statements were true, you did not comply with your friend's wish. You did what you felt was best for you.

Newsflash: You nor anything you did or did not do is not the reason for the other person's actions! *What someone does or wishes to do IS. NOT. ABOUT. YOU!*

This was my longest and hardest lesson to learn. You have absolutely no idea what's going on with the other person or what's happening in their life, even if you have one of the most honest and purest of relationships.

If you're experiencing a job relationship being dissolved, the same holds true: there is nothing personal about the pink slip delivery, no matter what anyone else says. Decisions had to be made, and it is unfortunate they involved you.

At this point, it comes down to choice, how you will accept what is going on with situations, circumstances, and people in and around your life. Will you choose to totally go off the deep end and kick and scream? Or will you choose to take the road less taken and elect to see what's really going on inside of you?

Ramp up the tools you've learned so far. Step back and breathe. Assess the situation objectively. Initiate your positive language.

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Before heading into the next chapter, take a moment and reflect on what you just read. Perhaps you may want to write your answers to the questions below in a special journal.

What might be happening with the other person or circumstance that's causing this separation or situation?

What can I do right now to help ease the way I feel?

At this moment I will accept....

Chapter 6: Like; Believe in, and Be Proud of Yourself

Not being able to accept yourself can present a problem.

“The past is gone, the future is not here, now I am free of both. Right now, I choose joy.”

~Deepak Chopra

Have you asked someone, “Oh, I don’t think this is very good, but will you look at what I developed and give me your thoughts on it?”

This is courting disaster like the Plague! What is it you are really looking for when asking a question such as this one?

Typically, when saying to someone, “I don’t think this is very good,” they are asking for a compliment and not an opinion or true review. It also says they don’t like their own work or believe in it.

In chapter 4, you learned how to make your words more upbeat and positive. Begin to incorporate this change with the language in your acts. When you see or hear yourself asking for this type of evaluation, switch either the words used, changing from negative words over to positive ones, or rethink what you really are asking for – an analysis or simply an attention-getting scheme.

I belong to Toastmasters International. If you’ve never heard of the organization, it’s made of up groups where people from all over the world hone their leadership and speaking skills, and if desired, compete for the World Champion Speaker title.

One of my fellow Toastmasters declared she’d like to enter the contest but knows the competition is high and leaning towards not participating at all.

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"So what if the competition is tough. You're a great speaker, too!" I offered support to encourage her. "And how do you know you won't win? Certainly you can't win if you throw in the towel before the contest even begins!"

She agreed but mostly was looking for assurance of being good enough to compete. However, she was also looking to feed her ego, of someone acknowledging her – not necessarily her attributes, but her as a person, a human being.

Part of accepting who you are is belief in yourself! Without that solid foundation we create for ourselves, our world can get a little wobbly. Tighten up those lug nuts to keep those wheels turning and moving forward. And yes, sometimes we have to shift into reverse to go ahead; however, that's all part of the journey.

I recently began a new daily personal practice to reinforce who I am and what I am all about. Before rising from my morning bed, I recite as many "I am's" I can think of.

I am Love. I am Salt. I am Light. I am Transformation. I am Spirit. I am Vessel. I am Inspiration. I am Encouragement. I am Support. I am Community. I am Transition. I am Hope. I am Faith. I am Good. I am Worthy. I am Beautiful. I am Earth. I am Serenity.

Repeating phrases such as the ones above strengthens our own resolve by stating over and again who we are. And when you believe in yourself first, others will follow your lead, yes, but you just may also find you are unstoppable and succeed at all you do! Try it for yourself and see how blessed you are to be in one's own company!

Get out the mirror again and hold it super close to your face... what do you see? Do you like what you see? Do you see failure or do you see success?

How much do you pay attention to your accomplishments to those of your friends and family? In their successes do you see your failures? The internal voice says, "You are not doing what they are – why not? You should be!" It's not uncommon, if you do.

Don't despair. Shoot back with this response while looking in the mirror, "You are your own person; stop looking at what others are doing; it's only holding you back. You are an amazing

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person with amazing talents. You create happiness wherever you go and are great at what you do!”

When these feelings come about—for that is what they are—just feelings, try saying this: “I am where I need to be. I don’t have to or should be anywhere else other than where I am right now, right here. I am good. I am great. I am fine.” A huge part of accepting and believing in ourselves is accepting where we are today, right now in this moment.

Deepak Chopra was interviewed by Oprah Winfrey in his native land of India for one of her television shows, *Super Soul Sunday*. Something Deepak said was so profound relating to tomorrow, the future, and being present, that it finally answered a question of mine on how people can live only in the moment.

Oprah introduced the topic, this way: “You said to my producers when they were coming here—I thought that was really great advice, and I took it too—that when you get to arrive in India learn to move with the flow.”

Deepak replied, “You have to. Because there is another aspect of it which says in the movement towards enlightenment, and we can talk about that later, but in the movement towards enlightenment where you are is the point of arrival....

“We are educated in the West that there is always some point of arrival; so everybody is looking for the future and then never in the present, so when they arrive at the future it’s not there for them because now they are not present for it. So if you get the idea that this is the moment that you have, it’s the only moment that you have, then you live in the present and you move with the flow, because this is the point of arrival. Right now.”

Let these words settle a bit. Take a moment and read them again. What are your thoughts concerning the past, present, and future?

This is the explanation I came away with: if we constantly plan for the future and not be in the present, today, right now, we won’t know what it means to be present, to accept, to be in the now, today, right here, right now.

The Acceptance Factor: To Serenity and Beyond

Before heading into the next chapter, take a moment and reflect on what you just read. Perhaps you may want to write your answers to the questions below in a special journal.

This is my list of “I am’s”

What will I say to myself and my Ego to convince both I am good enough?

At this moment I will accept....

Chapter 7: Letting Go

Refusal to say goodbye.

“Every farewell combines loss and new freedom.” ~Mason Cooley

Learning a “how-to” has got to be one of the most exhausting steps in any process, but learning how to let go of someone or situation that we’ve known for a very long time can be downright painful. It’s like the drawings of someone with a cat and rubbing its fur the wrong way – it’s just not natural!

The truth, however, ladies and gents, is that there have been many times in our life when we’ve had to let go. But because of the next step involved, the hurt and travesty of letting go, was barely noticed.

Do you remember way back when you were four or five years old – for some of us it’s not that far back! – and you began your first day of school or pre-school? You had to leave home, your mom or dad to be with other kids your own age. Yet, as daunting and horrific as that might have been, there was an exciting adventure ahead of you; perhaps one you’ve anticipated and longed for while watching your older siblings go through that same door.

And then soon, you were heading off to college or work in another city, state or country; leaving your life-long friends behind, saying you’ll get together in a few months that turned into years that may have turned into an eternity before seeing them again.

The next adventure perhaps was getting married, leaving yet another type of life behind for one with promise and a family of your own.

Learning to let go of what used to be is as simple as to look forward to what’s coming next.

Yes. Simple.

The Acceptance Factor: To Serenity and Beyond

If you went back to the times in your life, the milestones, and re-examined how you graduated from walking out the door without holding onto your mother's hand to walking across the stage to receive your diploma or getting on that airplane, you will find the simplicity in letting go to move on.

Forget about the words, "letting go" for a moment. The past is just that; a series of events that happened. You really don't have to let go of any of it. You will have good memories and a few bad ones. The good memories can be held on to and cherished, yet done so with caution. If you continue to go back to these times, you run the risk of not moving on to the next great adventure. What must be let go of, however, are the bad times, the ones that hold the sadness for you. If you continue to hang on to them, you are kept back at the time they occurred. How can you move forward if you stay back there?

Think of the rear view mirrors on a motor vehicle. They help you, the driver, to see what's in back and alongside of you; but at the same time you look into them, each offering a different view, you cannot see what is in front of you. These mirrors help you to look back as often as necessary only to help you with your path, your journey that lies in front of you.

Saying Goodbye ~Peggy Lee Hanson

It is nearly midnight and cannot sleep, my mind is somewhere else

I'm thankful you held me for a little while, I'm grateful you held my hands in yours

I'm forever in your debt for opening my heart and mind

Freeing me once and for all from all that which was weighing me down

You will always be close by,

But I know the time will come when you'll be in my thoughts every day less and less

Although saddened, joy is brought forth

For new adventures are on the way to fill the space you once occupied

I am the master of transition, aware of when it's time to go to the other side

Today is it

I aim to be strong while carrying myself over the threshold

The Acceptance Factor: To Serenity and Beyond

Before heading into the next chapter, take a moment and reflect on what you just read. Perhaps you may want to write your answers to the questions below in a special journal.

What can I do to begin letting go?

How will I prepare for the future, yet remain present?

At this moment I will accept....

Chapter 8: Accepting Acceptance

Arriving at peace and harmony.

“There seems to be a kind of order in the universe, in the movement of the stars and the turning of the earth and the changing of the seasons, and even in the cycle of human life.”

~Katherine Anne Porter

There are always changes, transitions to take you to the next level of your life; some are easier to accept than others. Wouldn't it be great to find a way to make them all easy?

Move toward the light. Go the distance when resistance persists. Good advice if you dare to walk into the unknown. Remember the book that had your name on it and the pages were blank? You write your own story with the choices you make on a daily basis, and sometimes, moment by moment.

Acceptance comes from believing in yourself and that no matter what happens you have the tools necessary to deal with people, situations, and circumstances of all types.

The tools you've acquired from this ebook are as follows:

- Use your breathing
- Look into your mirror
- Create more powerful statements
- Reflect on what you really want to know
- Remember the simplicity of advancing to the next step

Success is an inner game just as much as it is an outer one. Coaches and mentors can help us realize our strengths; they can also help us explore the deep and dark caverns so we can make our way safely to the top to see and feel the warmth of the sunshine on our cheeks.

The Acceptance Factor: To Serenity and Beyond

People come into our lives for a reason. And I believe they go away because we no longer need them. Some leave us and this earth far too earlier than what we'd like; however, the lessons they leave behind are many and immeasurable, and often come from within ourselves.

We all seek to be loved, accepted, and supported. But in examining my own wants and needs, I asked three more questions: "When will I give myself the support I need? When will I begin to praise and celebrate my successes? When will I be able to stand alone on my own recognizes?"

The answer to those questions was the same: "Right now and right here."

The Acceptance Factor: To Serenity and Beyond

Take a moment and reflect on what you just read. Perhaps you may want to write your answers to the questions below in a special journal.

When will I give myself the support I need?

When will I begin to praise and celebrate my successes?

When will I be able to stand alone on my own recognizes?"

At this moment I will accept....

Get your own free movie!

"Thrown into Transition: Now What Do I Do?"

This FREE movie of the Trusting Your Transition™ system will show you how to:

- **Be kind to yourself** and to stop being the victim.
- **Determine your assets;** tangible, intangible, hard and soft skills.
- **Envision the possibilities** while marrying your love-to-do list with your skill sets.
- **Increase your positivity** in all areas of your life.
- **Put your dream plan into action.**



If you're ready to jump in and **take charge** of your changes, to trust your transitions, to **invest in yourself**, then this Trusting Your Transition™ movie is for you!

The contents and process comes from my experience in calming fears, overcoming overwhelm, and discovering my talents and attributes after being thrown out and separated from the corporate life into a world unknown to me; but one I was determined to succeed in while doing what I wanted and loved to do.

I hope you will find solace in the words (narrated by me with soothing background music) and a few pearls along the as well.

To your success,

A handwritten signature in blue ink that reads "Peggy Lee Hanson".

Peggy Lee Hanson

Personal Transition Coach & Mentor

Personal Transition Guidance, LLC

[Click here to get your free movie!](http://www.theacceptancefactor.com/yesgif)

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