

Fear of Acceptance

August 24

I often struggle with accepting the friendship others offer. I hear a voice saying, "Hey! You have no friends, they're just pretending to like you!"

We tend to make life more difficult than it needs to be. Sometimes we feel alone and confuse it with being lonely; we tell ourselves we haven't felt love- able for some time, so why should anyone love us now? Even as an adult, sick-thinking can transform us into that scared child again, the one who is sure she has no friends, and that even if she did, she'd never be accepted.

What body language do we let others see when we are in that lonely place? Are we standing alone, arms crossed, or sitting away from others, waiting for them to come to us? What do our facial expressions say? Do we share a welcoming smile, or are our eyebrows knit together, our mouths down-turned, as we walk into a room? Chances are, as we scare ourselves with the thought others are shunning us, we scare others away at the same time!

We don't have to see ourselves as less-than, or not good enough any longer. We don't have to prepare ourselves for rejection every time we meet others. Instead, we should expect and be prepared to offer the best of who we are. This acceptance of ourselves must come first.

We are not defective, we may simply have been looking in the wrong places for approval. As we practice embracing ourselves as we are, we open the door to accepting others, silently inviting them to do the same for us. Our fear of acceptance will, over time, become a non-issue.

TODAY'S MEDITATION

I know today, that as I accept myself, am I accepted by others.

.....
"Love is what we were born with. Fear is what we learned here. The spiritual journey is the relinquishment, or unlearning, of fear and the acceptance of love back into our hearts." — Ritu Ghatourey

