

Accepting What Is

*Your acceptance of what **IS** takes you to a deeper level where your inner state as well as your sense of self no longer depend on the mind's judgments of "good" or "bad."*

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;

On the surface, you may still be happy when it's sunny and not so happy when it's rainy; you may be happy at winning a million dollars and unhappy at losing all your possessions. Neither happiness nor unhappiness, however, go all that deep anymore. They are ripples on the surface of your Being. The background peace within you remains undisturbed regardless of the nature of the outside condition.

The "yes" to what IS reveals a dimension of depth within you that is independent neither on external conditions nor on the internal conditions of constantly fluctuating thoughts and emotions."

From *Stillness Speaks*, Eckhart Tolle