

Acceptance

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1. There are many occasions in life, many situations in life that I can change. If I have enough resources, I can change the furniture in my house, I can buy new clothes, I can eat out three times a week, I can camp out every week-end, I can have a new hair-cut, it's endless. If its cold I can buy a heater. If it's warm I can buy an air-conditioner. A new micro-waveyes there are a lot of changes that I can make.

If I have no resources but a lot of creativity, I can do the same things that I do everyday, in new ways! I can cook food with the same ingredients, but it tastes different and good. I can lay out the table in new ways. I can sing and dance a little differently each time and enjoy it too.

I can change my job, my apartment, my car.

If I have a big heart, I can express the love in my heart in many different ways too.

I can change my attitudes and my behavior if I choose to. I can tighten what needs to be tightened and loosen what needs to be loosened. If I am very inflexible and rigid as a person, I can become more flexible. If I am critical always and finding-fault I can try and change that too. If I am angry and always want things my way - well I can look into that too if I want to. If I always blame others for my problems, I could see if that is true. If I am a person who does not know how to draw boundaries, then I can learn how to do that. I am always emotionally dependent on someone and it has become painful for me, I can learn how to grow out of that. If I am very fearful always, I can learn to face challenges boldly. If I'm so bold that I become fool-hardy, then I can learn to exercise caution.

Whatever I can change, if I feel I need to change it - I should change.

2. But I don't call all the shots in life. There are some situations which are what they are, some events that have taken place, which I cannot change.

I cannot change the weather of the country. I cannot change the politicians immediately!

I cannot change the fact that a near and dear person has passed away.

I cannot change my parentage.

I cannot change my childhood.

I cannot change my past - happy or sad.

I cannot change my age.

I cannot change the way I look very often.

Sometimes I have family responsibilities, my boss is a pain and I cannot change my job.

Above all I cannot change people - this includes my parents, my spouse, my in-laws, my children, my boss, my co-workers, friends, employees...the list is endless.

3. When something cannot be changed whatever it might be - when I find that I have an incapacity to order things as I want - I feel helpless, sad, agitated and angry. I get into a depression very often too.

Now this is the hard fact - that the situation cannot be changed. If I want people to change why should they? They might want me to change too. Maybe I also don't want to change. Nobody can make a person change unless that person really wants to change. This is how it is. Maybe if I try to understand the background from which the person comes, then I can understand them better and feel some compassion towards them instead of anger. Maybe

my expectations are unreasonable. Maybe my expectations are reasonable but the person cannot meet them, or does not want to meet them, or cannot.

Whatever the reason, this is how it is.

Would it not be just easier to accept gracefully that this is how the person is, this is how the situation is, this is how my past was, what has happened has happened. I cannot do anything about it. If I can change something I will - if I cannot, I accept it just gracefully. When I accept, there is a relief because my resistance to a fact is gone.

4. But the capacity to accept gracefully what I cannot change is not something that I am able to do easily. But at least I can have a value for it. I can have a value for it only if I know what benefit I get from it.

5. To understand the value of graceful acceptance, let's see what I get if I don't have this acceptance. Then we can see what can help us.

When I am unable to accept a fact that cannot be changed - I feel helpless, I feel anger and resentment. All my present moments are occupied only in brooding and thinking and repeating the scenes again and again. I lose my self-esteem and destroy any chance of joy I might have in the current moment. Supposing I am walking and there is a beautiful sunset- I am unable to enjoy this truth about my present moment - I spoil my present moments with brooding about the past, the injustice, how I would like the situation to change.. And if I keep up this frame of mind of resistance and pain indefinitely, my health is effected. I get ulcers, heart-problems, headaches, body-pains. I find no joy in life and my sadness spills over to others in my environment.

Now when the fact is that I cannot change the situation, does this frame of mind help me? Or does it hurt me.

Very clearly I am hurting myself.

Do I want to continue to hurt myself? That is the choice I am faced with. I can continue to hurt myself by retaining this resistance to facts and working myself up into hurting and feeling bad - or I can just let go -by accepting. Consciously dropping my will to resist an unchangeable fact.

I have to see this very clearly and have a value for the peace of mind and a certain relief that results because of this acceptance of facts.

Once I have a value for it, then there are ways to help myself to let go.

6. Here devotion to the Lord born of understanding the Lord is invaluable. For understanding the Lord come to Gita class! Here an understanding of the Lord as All-Intelligence and seeing the fact that whatever there is in this creation is in Order,(even disorder is in ultimate order!) there is a meaning behind it all, there is a purpose is very important. The purpose of my life is to grow - maybe because of these situations now I can pray. Growing devotion in the form of a growing trust in the Lord's order, a growing trust that every situation has a purpose and meaning behind it all and it has to be all for the best even though I may not be quite able to understand it right now.

7. I recognize that I am helpless in accepting the situation and then when I am helpless I can seek help from the Source of All- Help - the Lord in a meaningful prayer. Seeking help when I need it, is intelligent living.

So I can make this prayer to the Lord:

O Lord, may I have the maturity to accept gracefully what I cannot change; may I have the will and effort to change what I can; and may I have the wisdom to know the difference between what I can and cannot change.

Music Camp

A residential Music camp at Arsha Vidya Gurukulam,
Anaikatti, Coimbatore

A glimpse of the camp



- 1. Kritis of Swami Dayananda with meaning
- 2. Slokas in simple tunes
- 3. Musical meditation techniques
- 4. Swaropasana
- 5. Musical moments with Pujya Swamiji

Camp Dates:
02 to 07 Jan 2018
Last date to apply:
15 Dec 2017

The Camp would be conducted by M.S.Darshana, one of Dayananda Sisters, at Anaikatti. This camp is open for all music lovers (singers & non singers)



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