

## Acceptance

[http://www.commonweal.org/new-school...cut\\_020111.mp3](http://www.commonweal.org/new-school...cut_020111.mp3)

[http://www.huffingtonpost.com/ethan-...\\_b\\_671972.html](http://www.huffingtonpost.com/ethan-..._b_671972.html)

I really enjoyed this interview with Naropa Institute's new president (a Christian, and a contemplative) and was tickled to find an article on Buddhism and acceptance from another young Shambhala teacher turning up second in a Google search for "buddhism acceptance".

In both, I'm attracted to the emphasis on acceptance as a way to honestly and actively engage oneself, the world, the problems and difficulties but also the good things that I more typically take great pains to turn away. Dr. Lord's willingness to act from and lead with the heart was especially moving -- I wonder how many times I have ignored or turned away from the heart in favor of a habitual or "safe" response.

When I'm able to fully accept a situation and recognize my own responsibility to act fairly even in that unfair situation, I often find a source of power that never knew I had. Somehow, new options become available (new because I didn't even see them before). Sometimes, that very act of acceptance is enough to resolve the situation, sometimes further action on my part is required. But in either case, there's a sense of discovery -- discovery of a new stance that is rooted in reality, a stance that can let go of unworkable strategems and ruminations.