

Secrets of Self-Acceptance

by J. Donald Walters

Day 1

The Secret of Self-Acceptance is...

realizing your uniqueness in the entire universe.

No one will ever have your song to sing: Through all eternity it will be yours alone. Your primary task in life is to learn to sing that song to perfection.

Day 2

The Secret of Self-Acceptance is...

accepting others, first, as they are. Only then will you be able to accept yourself as you are.

Day 3

The Secret of Self-Acceptance is...

not envying others their talents and accomplishments. It is better even to fail in one's own soul-appointed duty than to succeed in someone else's. Once you succeed in being wholly yourself, you will have achieved the most glorious success possible for any human being.

Day 4

The Secret of Self-Acceptance is...

not resenting anyone; for by resentment we only belittle ourselves.

Day 5

The Secret of Self-Acceptance is...

respecting everyone; for as we are, so do we imagine others to be; and as we view them, so do we ourselves become even more.

Day 6

The Secret of Self-Acceptance is...

mixing with those who, in their own expansiveness, offer support to others. Shun the company of those who are cynical or insecure.

Day 7

The Secret of Self-Acceptance is...

loving others, and not waiting for them first to love you.

Day 8

The Secret of Self-Acceptance is...

serving others ever-more consciously as an instrument of a Higher Power.

Day 9

The Secret of Self-Acceptance is...

forgiving others; for as we forgive, so are we ourselves forgiven by them, and by Life itself. By forgiving others, we acquire also the wisdom to forgive ourselves.

Day 10

The Secret of Self-Acceptance is...

not expecting too much of others, for only thereby do we learn not to expect too much of ourselves.

Day 11

The Secret of Self-Acceptance is...

not blaming others for their negative attitudes and behavior toward us; for in blaming them we only weaken ourselves, and give them power to hurt us.

Day 12

The Secret of Self-Acceptance is...

not blaming yourself. Always remember, the more important the painting, the longer the time and the greater the effort required to carry it through to perfection.

Day 13

The Secret of Self-Acceptance is...

uprooting negative expectations from the mind, and sowing positive ones instead. For like attracts like. A person's destiny is molded to a great extent by the expectations he holds of life.

Day 14

The Secret of Self-Acceptance is...

not giving yourself too much importance, nor taking yourself too seriously. Your true importance will increase proportionately to how little of it you claim for yourself.

Day 15

The Secret of Self-Acceptance is...

expanding your sense of selfhood, and including others in your greater self. View their happiness, their fulfillment, their successes as your own.

Day 16

The Secret of Self-Acceptance is...

not taking your mistakes too seriously. Calmly determine that you'll simply do better next time.

Day 17

The Secret of Self-Acceptance is...

not identifying yourself with your mistakes. They are not yours, but were simply there to be made by anyone who is striving sincerely toward perfection.

Day 18

The Secret of Self-Acceptance is...

not identifying yourself with failure. Neither success nor failure can define you, who are made in the image of Infinite Perfection.

Day 19

The Secret of Self-Acceptance is...

to raise your level of energy by developing an attitude of willingness. Do willingly and cheerfully whatever needs to be done.

Day 20

The Secret of Self-Acceptance is...

getting sufficient exercise; breathing deeply; sitting and standing erect; eating properly. Eat a preponderance of fruits and vegetables, and less meat. A healthy body makes for healthy attitudes in life.

Day 21

The Secret of Self-Acceptance is...

a sense of humor; above all, learning to laugh at yourself. It will give you a right sense of proportion. Read one funny story a day. Share at least one good joke every day with your friends.

Day 22

The Secret of Self-Acceptance is...

taking responsibility for whatever happens to you. For nothing occurs without a cause, a cause which, usually, can be traced to some attitude, some expectation - perhaps held only subconsciously - in yourself.

Day 23

The Secret of Self-Acceptance is...

not allowing the weeds of guilt to grow in the garden of your faith in yourself that you are trying to cultivate. Reflect, all human beings are prone to error. Transform feelings of guilt into a resolution to do ever better.

Day 24

The Secret of Self-Acceptance is...

to laugh with others, if they tease you. Don't take their words too deeply to heart.

Day 25

The Secret of Self-Acceptance is...

a positive attitude. A wise man once said, "Conditions are essentially neutral. Your attitude will determine whether they seem, to you, positive or negative."

Day 26

The Secret of Self-Acceptance is...

not trying to justify yourself in other's eyes. Be complete in yourself. Do your best by your own understanding, then accept the consequences with equanimity. Bear in mind that the highest Judge of your behavior resides forever within you.

Day 27

The Secret of Self-Acceptance is...

not conditioning your happiness, nor the truths you hold dear, by the opinions of others.

Day 28

The Secret of Self-Acceptance is...

being centered in your own inner reality, and not allowing yourself to be victimized by others' definitions of right or wrong.

Day 29

The Secret of Self-Acceptance is...

being concerned with pleasing God, and your own higher conscience - not other people, except as they may help to clarify or confirm for you the Higher Will.

Day 30

The Secret of Self-Acceptance is...

being grateful for whatever tests you attract in life, for they are means by which you can grow in strength and wisdom.

Day 31

The Secret of Self-Acceptance is...

concentrating on your potential for self-improvement. Love that potential, not your present state of imperfection. Affirm that what is yours potentially is forever yours already.