

Living Responsibly ... It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our chosen topic is Acceptance. Acceptance of all of the grace and beauty that comes our way...as well as the things we are not necessarily the most comfortable with. Life, as we all know, brings to us a myriad of experiences; experiences that sometimes leave us with feelings of loss or pain or some other expression of discontent. Be it the death of a friend, the loss of a crop, a job lost...what ever...we need to be able to come to a point of acceptance so that we can find our center, our emotional / spiritual balance point. So how do we come to accepting, really accepting, that which we prefer wasn't the case. Ironically, it is by finding your "center" that you can come to terms with that which is around you and through this you recognize the innate wisdom of *moving from your center* instead of allowing yourself to be moved by what is external. So let's start by "accepting" the reality that sometimes it takes work to reach deep, to be honest enough and quiet enough to hear our "center". Yet, if we will, we will become strong in spirit and inner strength for we will know who "we" are and where "we" are going. Anyway, acceptance is being able to say okay to the universe about where you have found yourself. You must be able to trust the wisdom of the universe to do this. Previously, we discussed non-attachment, very important here. It helps to remember to not judge things by appearances. This is extremely important in viewing life. What appears to be one way can just as easily turn out to be entirely different. We've all seen or been examples of this.

Finding our center...excuse me? What do we mean by this anyway? One interpretation is listening to your inner voice to a depth that brings an understanding of what it is you need and desire to make your spirit, your self, the one who lives in your physical body, strong; your inner vision of who you are and a clear recognition of the path you are on. What moves you forward, what feeds your spirit, what makes you feel content? This is *finding our center*, the abbreviated version at least. Once we understand this, once we obtain this knowing, we have this inner place to stand strong from while facing the world around us. And this inner strength will give us the ability to find acceptance of that which is outside of us because we can then recognize it is outside of us and we can choose to be non attached to "it". This is acceptance of that which we are not comfortable with.

What about acceptance of the grace and beauty that comes our way? Do we find an ease in our acceptance of these things? Have we the ability to see our worth, our deserving of these wonderful things? Yes? No? Hard sometimes, isn't it? What is the answer? Remain non-attached to these things and / or people. And, refer to the above paragraph.

Interesting, the answers for two seemingly opposite emotional healing patterns would be identical. Why is this? It is because we are talking about different degrees of the same thing, acceptance of the perceived good and not so good which comes our way. By standing and perceiving from our "center" we will not be so easily thrown off balance and we will be able to accept the blessings and lessons of life as that which we need to get to where we are going. We do want to get where we are going. It is the point, after all. When we can do this consistently we will have found a life of grace and the acceptance of who and where we are in the universe by all other aspects of the universal knowing and then all you desire can find a path to your door.

Question of the week: What is one of your favorite herbs for an emotional lift?

Answer: I really like Holy Basil, or even sweet basil. It is a good choice for many people under stress, encouraging a feeling of calmness.

Book of the Week: *Been Brown So Long It Looked Like Green To Me, The Politics of Nature*; St. Clair, Jeffrey; Common Courage Press; 2004

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

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