

Sweet Acceptance



Angela Treat Lyon

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Where the Attention Goes, Energy Flows

Pain is:

P — paying

A — attention

I — inappropriately to

N — negativity

Then how do we get out of pain?

The only way out is in: We must refocus our attention on what we prefer—even if it's only a mental visual for now.

For example: Let's say I just fell down and skinned my knee. I clean it off, pat it dry, and it starts to throb and hurt quite sharply.

I sit, get quiet, and pay attention to my breath: I breathe intentionally four or five times like this: in over 5 seconds, out through parted lips over 5 seconds.

I imagine very clearly a complete lack of swelling or lingering pain. I imagine that I can easily get up and go about my day feeling whole and fortunate that nothing worse has happened to me.

I also use EFT (the Emotional Freedom Techniques: EFTBooks.com) for any doubt that I can do this. I also use it on any tail-enders: worry, feeling stupid for falling, feeling clumsy, or any twinges of pain. I visualize loads of white light and loving care shooting into my knee. The pain goes down.

Visualize what you prefer. Feel it, call it into being. Give it attention. Again:

Where the Attention Goes Energy Flows

So if you keep focused on the pain, guess what you get more of? Right! Pain!

If you focus upon, and intend to create, or manifest, something you prefer, guess what you will create? That which you prefer!

Focus on the preference. Feel it in your body. Hear words about it in your mind. See a picture of it as if it had already happened. It will!

Your brain's Reticular Activating System works together with your subconscious to bring you what you constantly focus upon. It's been unequivocally proven that your mind can't tell what's "real" or what isn't!

How to increase your Level of Acceptance

What's going on in your life RIGHT NOW? Do you accept it fully and completely?

RATE IT: On a scale of 0 to 10, rate your level of acceptance, with 10 being most.

Example: One day you may feel really tired, not interested in what you need to do, yawning, achey—etc. Your acceptance rating would probably be about a 1.

Or, you're feeling quite good, invigorated, breathing well, happy, a spring in your step. Your rating might be a 10.

(Or, you just accomplished something and are totally thrilled—how about a + 400?!?)

Note your rating so you can compare at the end of the process.

A low rating usually means you are in pain of some kind—and *fighting* it! You judge it as bad; don't want to feel it. It seems insurmountable, like it will go on forever; you feel as if you can't do anything about it, and so on.

Pain is simply resistance to What Is.

ONE: Breathe in deeply over 5 seconds, and breathe out through parted lips for another 5 seconds.

Ask yourself:

Am I OK with increasing my level of acceptance?

If yes, that's great!

If no* (see pg 9), that's fine, too.

Ask yourself:

Am I OK with increasing my level of acceptance, even when I say no?

TWO: Breathe in deeply over 5 seconds, and breathe out through parted lips for another 5 seconds.

Ask yourself:

Am I OK with increasing my level of acceptance?

If yes, that's great!

If no, that's fine, too—just ask yourself:

Ask yourself:

Am I OK with increasing my level of acceptance, even when I say no?

THREE: Breathe in deeply over 5 seconds, and breathe out through parted lips for another 5 seconds.

Ask yourself:

Am I OK with increasing my level of acceptance?

By now, any “no” ought to be resolved.

FOUR: Breathe in deeply over 5 seconds, and breathe out through parted lips for another 5 seconds.

Ask yourself:

Am I OK with increasing my level of acceptance?

FIVE: Breathe in deeply over 5 seconds, and breathe out through parted lips for another 5 seconds.

Ask yourself:

Am I OK with increasing my level of acceptance?

SIX: Breathe in deeply over 5 seconds, and breathe out through parted lips for another 5 seconds.

Ask yourself:

Am I OK with increasing my level of acceptance?

RE-RATE: By now, your rating of acceptance should be much higher.

It doesn't take long to get to a state of real acceptance. When you do, you might feel clear, sharp, invigorated, and re-energized. You are able to make positive, appropriate and supportive choices.

There's a secret mechanism in the breathing that allows your brain to do a kind of disconnect from pain, and allows a new perception to come in. This process takes only a few moments, yet is one of the most powerful processes I know. Use it!

* If you say no:

This is an indication of resistance (sometimes it's big-time resistance). It's necessary to accept where you are right now in order to move on. Being OK with right now means simply that you look around, see what's going on in the world around you, and whether you *like* it or not, it IS the way it is.

For example: You may be in the store near a mother who is yelling at her child—who is screaming as well. You realize that your dislike won't change anything.

What if you say, “OK, it is what it is,” accept it—*THEN* move into, “what do I prefer?”

Think about it. What do you prefer?

I’d prefer to be able to shop in peace, and feel good about life.

So then I ask myself:

How can I have a beneficial effect here?

How can I help shift my own upset energy and be clear?

How can I perhaps facilitate clearing *their* upset energy?

Processing works—but you know darn well the mother won’t want you to intercede, so that’s out); interruptions (hm, how do I do *that?*); laughter—ah! Laughter! That’s *it!*

Next, instead of griping about the way these two yelling and screaming people are upsetting you, here’s what you do: Go over near to them in the aisle, *turn your back* on them, lean against the shelves and take out your cell phone. If you have no cell phone, just hold your lipstick or eyeglass case next to your head—who’s going to look—or care? Start a loud (fake) “conversation” with someone. Talk for

Complete Acceptance: It IS What It IS!!

a bit as you would if it were a real call. Then start to laugh—softly at first, building up to laughter that is loud enough that it creates a pattern interrupt. The mom stops yelling to look—what the heck is this lady/guy doing???—and the kid stops crying because its attention is distracted as well.

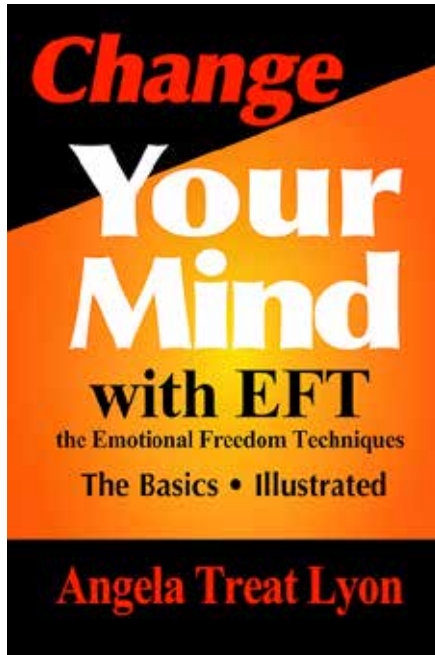
Immediately “hang up” and walk away: the upset energy has shifted! You can go on from there without any interaction.

You couldn’t have done that if you’d have been carrying a judgement or emotional charge about the people or the situation. You had to *see it as it was and say OK*. Then you could say, what’s next? What do I prefer? How can I shift this around without being obvious—with joy instead of anger or more upset?

You can see how taking a deep in and out breath, slowly, and really being OK with What It Is Right Now can save you a lot of emotional wear and tear.

Of course, you can also use EFT (the Emotional Freedom Techniques) along with this simple process if you find really big resistance to What Is. I invite you to keep tapping on *all* the things you discover about your inner world that limits your life, health and well-being. EFT is amazing—take advantage of it! If you don’t know about EFT, get your free how-to book and audio at EFTBooks.com.

**My best aloha to you, your health, Dreams, success,
happiness, and prosperity!**



A handwritten signature in black ink that reads 'Angela Treat Lyon'.

Angela Treat Lyon

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You'll also want to know about [Centerpointe](http://CenterpointeHealingSound.com) Healing Sound—I've used it extensively and can say personally that it works great.