

# Acceptance.

Lachlan Davidson 2023.

Peace comes through acceptance  
My personal peace cannot be  
Battled for  
Worked toward  
Learned  
Discovered

It comes from acknowledging  
The challenges, stresses and struggles  
In life and accepting their reality  
As an essential and present  
Part of living every day.  
Even during a crisis  
You can be at peace with it.  
It doesn't mean that you are calm and  
Collected.  
It just means that you are, at any moment  
Accepting of the situation  
And not wishing to escape  
Or feeling that it is unfair.  
It may be unfair  
But it is where you are  
And you can only do your best to resolve or cope with the situation.  
Take it on the chin.  
Today it is your job,  
Your task to perform.  
Suck it up.  
Suck it in.  
Accept responsibility  
Accept reality

It probably wasn't the plan,  
Not ideal or preferred.  
Not what you had in mind for a successful  
Happy day.

Too bad.  
Adapt and get over it.  
If you can do this then  
You might chance upon  
The special thing  
That this opportunity provides.  
A different kind of joy  
Or something new and important to learn.  
If you don't grow, learn or find joy in  
This experience, you didn't do it right.  
Actually, that's ok.  
Failing is learning too.  
Accepting failure is accepting reality and a form of being at peace.

I want to be better. Can I still be at peace but strive to improve?  
Of course. Set goals, either your own or respond to the challenges that arrive in front of you, and work to achieve or overcome them by learning and developing, accepting the time and effort it will take, and the consequences of the commitment.  
Not being at peace is wanting it to come easy and complaining when it doesn't. Feeling hard done by when things didn't go your way. Wishing and hoping vainly for it all to be fun and ice cream.  
Being at peace is relishing the challenge and accepting with grace whatever reward comes from your work.  
And, as with everything, it applies across the range of scales, right down to the boring conversations you'd like to escape from, the couch you're impatient to get home to, the tax you wished you didn't have to do, the painful phone call you don't want to make.  
Once you accept reality and responsibility, peace is easier to find.  
It comes to you. You don't win peace.  
It embraces you when you embrace the truth of the moment.  
And acceptance itself is a worthy goal with the byproducts of happiness, productivity, fulfillment, reduction of anxiety and better social relationships. You can better engage with the world and get out of your own way. You'll stop what-iffing so much and start being more decisive and present. You can move on. Take action.  
Accepting reality doesn't mean meekly rolling over to every situation. It is as written in desiderata, accepting the things you cannot change. It is also choosing what to change and deciding how and why. Accepting that there is a need for change is essential for personal growth.  
Accepting your limitations can also be very liberating while still understanding that these can be stretched.

Reality is now. To be in the present you must accept its reality and view it as the starting point for the future.