

Accept Life without Frustration

Rabbi Zev-Hayyim Feyer

Our thought for today is

ACCEPT LIFE WITHOUT FRUSTRATION

It is not what I accept, but rather how I accept things,
for we accept and reject at every moment of our lives.

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If we can accept adversity as we accept the storm, knowing
that the sun will eventually shine, then we have rejected defeat.

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We accept by waiting, but not anxiously. Rather, we wait thoughtfully. This
is an active waiting, for it focuses our attention on the possibilities before us,
on alternatives for choice, not on our perceived failures or disappointments.

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Acceptance is a grace, learned and cultivated when love of life and
emotional maturity release us to open ourselves with receptivity to
the excitement of experience with its challenges as well as its joys.

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To accept wisely, we must reject wisely. To reject wisely
is to avoid cultivating frustrating thoughts, to seek out the
life-enhancing attitude in all our experiences and confrontations.

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Everything comes to those who wait.

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And now, let us enter the silence, taking this thought with us and resting in it

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