

MONTHLY FOCUS  
Month Three : Acceptance  
with Nat Sharratt

*"We can accept those things that are not okay, that feel broken within us. We can accept the mistakes and foibles of our existence in these levels. Acceptance of something doesn't mean we like it, it just means that we acknowledge what it is without judging that it should be different."*

*[-Transcending by Nathaniel Sharratt](#)*

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Our third monthly focus is **Acceptance**.

The monthly focus is a very simple approach that you can participate in, along with others, to integrate spiritual principles into your daily life in order to experience a more elevated life.

It includes a very simple daily personal practice (see below), and a free, online gathering with others sharing in our common focus (signup at my website [transcend.online](http://transcend.online)).

The first step to change consciousness is acceptance. My teacher, John-Roger, called acceptance "the first law of Spirit."

To be open to what is possible, you must first acknowledge what is present.

Acceptance is the process of letting go of the pressure of trying to control those things which are actually not in your control.

Below is how you can start implementing the monthly focus today:

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1. **Choose an area** of your life, a relationship, a situation, or something “out there” in the world that you are having difficulty accepting as it is. It can be more broad such as “the world” or “myself”, or it could be something specific.
2. **Describe in your journal** the area/relationship/situation, and why you have chosen it, as well as any challenges you have.
3. **Say this statement of acceptance at least once a day**, and preferably whenever you think of it.

*“I accept \_\_\_\_\_ as it is.”*

You will fill in the blank with your chosen subject. For example: “I accept the corruption I see in my government as it is.” (Hard, isn’t it?). Or “I accept myself as I am.”

4. **Track each day** you do this on the below tracking sheet.  
Print it up, write “Acceptance” in the left column, and mark in the box for each day you do the acceptance statement. You can also continue to do and track the previous monthly focuses.
5. **At the end of the month**, review and write down any shifts and changes to this particular situation or how you have changed inside towards it.
6. **Join the online gathering**, go to my website [transcend.online](http://transcend.online) to sign up.

