

song: *Beautiful Surprise* – India Arie

accept: (v: do it)

- to take or receive (something offered); receive with approval
- to agree or consent to; accede to: to accept an apology
- to undertake the responsibility, duties, honors, etc., of: to accept the office of

admit, agree, assume, assent, bear, consent, agree, receive, take, receive, undertake

"But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it."

-Buddha

Accept who you are: rich and unique with your abilities, talents and specialties. Accept the body that you have been born to; you've fed it, molded it, and now have created the body that you have today. Recognize and accept your weaknesses and shortcomings; preparing to make yourself stronger, happier, healthier.

Accept those people who you've chosen to keep around you; love them and honor them for how they fill your life. Or, accept that you will need to strategically distance yourself from energies that no longer suit you.

Accept those who mill around you, without judgment, as they have been placed before you to teach you lessons; the lady who walks slowly with the fresh flowers, old friends of betrayal who did not treat you with the respect you deserve (how many times are you willing to accept an apology or your own excuses?), Accept those people who smile authentically at you, a teacher who believes passionately in the art of nuance, a girl who was born in the wrong country, an evil troll who lives downstairs, characters who enjoy life only while listening to loud music and wearing heels, men and boys who are strong or who act strong, furry friends with four feet who steal your food when you are not looking.

ACTION: This week, accept your situations along with vows of action. Accept actively: when faced situation that requires a change, consent that you must take a stand! Because this path that you are walking is yours, and the world that you surround yourself with is Your Life.



The Heart to Heart plank is the perfect posture to enhance your self-acceptance. With your heart hovering over the heart-shape you've made with your hands, accept who you are; today and now - just as you are.

February Color: Sheer Lilac

This color helps to inspiring a loving, accepting detachment from heavy emotional issues, allowing for a fresh perspective.

- Progressive
- Detached

February Chakra: Crown

The Crown Chakra, also known as the seventh chakra is located at the top of the head, associated with the color violet or white. This is considered the chakra with the highest energy, governing freedom, acceptance, universal understanding and wisdom.