

Your life is perfect today, even if you think it's not.

It's been said that each of us attracts what we need to learn or what we're ready for.

Does this mean, that all of the people, opportunities, interests, and even challenges or limitations in our lives are perfect?

Well, yes. This can be a difficult notion to agree with, but do try it on.

Does this mean, that those people or conditions in our lives which are hurting us or are not good should be in our lives?

Well, no. The lesson here is that what life has given you, life has given you.

No one says what you have today is what you will have tomorrow.

And no one says you should keep what you've been given "because it's there for a reason and maybe it'll be good for you later" even if later is eight lifetimes from this one.

Who really knows why life has given you what it has?

The key point is that you got what you did, and what you have probably won't leave or stay, whichever is better for you, until you accept that life was right for giving it to you in the first place.

In the moment you do accept this, you free whatever it is you've been given to either stick around or leave, whichever is better for you.

It's that simple. So why do we resist or even deny what we've been given?

No one has all of the answers, but just knowing that you are resistant to accepting what you've been given is a first step.

Is there something in your life that you don't view as perfect?

Is it your Job? Your love life? Your financial picture? Your health?

If there is and I'm sure there is, you've probably been trying to do something about it, right?

You might have even said to yourself, "It's not right that I didn't get that raise or I have to lose those 25 pounds!"

What if, instead, you just accepted your present situation and declared the universe right for giving you what it has given you?

Does this mean you should just give up and eat sugar cookies for breakfast?

Not at all. You should still go to the gym, but go with an accepting and perhaps even grateful attitude towards your body, rather than bitterness and resentment towards those thighs you inherited from Aunt Edna.

Then, your workout plans will work out, and life is more likely to ring you what you really want.

The point here is to stop resisting what life has given you.

You don't have to like what you've been given in order to accept what you've been given.

Because by accepting what you've been given, what you've been given no longer controls you.