



EXCEPTIONAL WOMEN'S COACHING

## **Let Your Light Shine Through**

**Peg Rowe, Tiara Program Coach**

This weekend I had the privilege of leading the Visioning Day for a wonderful group of women beginning our July Tiara programs. Each time I lead a Tiara program, there's always a new learning or deepening of a distinction. This time I had a new awareness about the theme of acceptance.

I realized that my understanding and views on acceptance have evolved in the past few years. I used to think that acceptance was about acknowledging or accepting things external to me. For example, approving the actions of friends and colleagues or acknowledging the circumstances I was experiencing. Sometimes it was easy to accept the actions of others or the situations I found myself in. Other times, I was just tolerating situations.

Now I'm aware that the essence of acceptance is accepting myself..... the good, the bad and the ugly! It means accepting the parts I'm proud of AND the parts I'm not so proud of. I have moments when I get frustrated, angry, anxious, upset, annoyed and lose my cool. I procrastinate, make mistakes and fall way short of perfection! Bottom line, I'm human.

When I am aware that I'm feeling frustrated or upset, I can stop and acknowledge what I'm experiencing. In that moment of acceptance, I can reconnect to my own humanity. Sometimes, just pausing for that moment and acknowledging the way I'm feeling creates an opening for me to choose a more powerful feeling or action.

Don't get me wrong, there are times when I get stuck in the swirl of anxiety, annoyance and irritation. It takes a while to remember that acceptance and choice are available alternatives. That's also part of the experience of being human. So, in those moments I aim to be gracious with myself, knowing that there will be plenty of opportunities to practice acceptance.

Most of us want the rest of the world to experience us and see us at our best. Acceptance is really about being fully human and embracing all parts of ourselves. When we're able to do that, we can be fully present to our lives, generous in our acceptance of ourselves and those around us.

This quotation is a beautiful expression of how we show up when we accept ourselves fully:

“People are like stained glass windows: they sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light within.”

Elizabeth Kubler-Ross

Practice acceptance and let your light shine through.