



EMOTIONAL
ACCEPTANCE

BEGINNERS GUIDE
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“NEW POSSIBILITIES ARRIVE ON THE
BACK OF GOOD FEELINGS, YET
DOORS CLOSE IN THE FACE OF BAD
FEELINGS”



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1. Introduction

In order to render you powerless, you were fed a lie by society. This lie stole the one thing from you that was most sacred to you.

Your ability to influence how you feel emotionally!

I.e. Your right over the inner landscape that determines how you feel about yourself and life.

This lie came in the form of the belief that people and events are to blame for how you feel!

Essentially the outside world determines how you feel was the b.s. that you were taught. This was so that big corporations could profit off the back of you feeling inadequate.

Consumption would make you feel good they said but that promise faded within moments of the purchase.

The threat of you waking up to these lies, made them create another distraction from your power. Positive thinking!

They knew that this would keep you busy pretending to change your life yet would largely remain the same. Then they hit you with the ultimate checkmate.

Now that you had lost control of your own feelings and emotions, harbouring lots of painful & negative emotions, they said, seeking help for how you felt was a taboo!

It was ok to seek help for your physical health but it wasn't ok to seek help for your emotional (mental) health.

A masterful design they created so that you would always be controlled.

It's time to wake up to the power that lies within you.

The truth is that everything that ever happened to you only happened within you and that the only person that determines how you feel is you.

The Intention of this short book is to show you how to feel good within yourself so that a whole new world of possibility can open up for you in your life.

2. New Possibility awaits You (Vision)

Before we dive deep into what nature intended for you, for you to feel good, let me share the vision that I have for you.

The vision is for you to feel good (emotionally) within yourself so that you can gain access to new possibilities in your life.

Afterall, limitless possibilities ride in on the back of good feelings, yet desert you when you carry ill feelings.



3. Your Problem

Do you ever experience any of the following negative emotions? Fear, Sadness, Stress, Anxiety, Anger, Guilt, Shame etc.

How often do you experience these emotions? Be honest, for your own sake!

What effect do each of these emotions have on your life?

Fear, what dreams does it stop you from going after in your life?

Stress, what wear and tear does it have on your body?

Anxiety, what situations does it make you nervous about?

Anger, what relationships does it ruin?

Sadness, what depressed outlook does it give you?

Guilt, what do you say yes to that you would rather say no to?

Shame, what does it stop you from asking for?

When you add up these painful and negative emotions, into your human experience, what happiness, peace, love, freedom, positivity does it rob you of?

When you harbour such feelings.....

What relationships do you lose out on?

What good health is sacrificed?

What spiritual connection is disconnected?

What path of meaning and purpose is not taken?

You get my point!

The problem lies in the negative emotions that you and I carry. They cause us so much pain and suffering that our lives become a pale version of what we dreamed of once upon a time. Only heartbreak remains!

Negative emotions disfigure possibility in our lives. If so, maybe it's time to start letting these destructive emotions go?

4. Solution to your Emotional Ills

Emotional Acceptance is the solution to our emotional pain and suffering.

It is nature's answer to our emotional ill.

It is the body's natural process to let go of negative emotions.

It's the most simple process ever, yet not the easiest because people have a habit of getting in the way of what nature intended.

Emotional Acceptance is a process that allows for mental and emotional wellness to embody our mind, body and spirit.

It is nature's way of bringing us back to balance.

Balance being happiness, freedom, peace, positivity and love.

Feeling gooder, as I refer to it, is our birthright.

Emotional Acceptance gives us this birthright back!

Emotional Acceptance allows us to entertain the feel good emotions that give us access to new possibilities in our lives.

In summary, Emotional Acceptance is nature's way of supporting you to let go of negative emotions so that you can feel good within yourself. Hence allowing for new possibilities in your life.

5. My Pain your Gain (My Story)

Where did you learn this Emotional Acceptance process, you might be thinking?

Long story short, no one taught it to me. Necessity forced me to find a solution within myself. Otherwise I'm not sure I would still be around to tell the story.

In my early 20's I was an emotional mess, harbouring a whole host of unpleasant emotions that were frankly driving me mad.

Along with this concoction of negative emotions, a stammer was causing me much pain and anguish.

After visiting many counselling and therapy professionals, I was forced to face the truth that their advice was not working.

One thing I knew was that I was the source of my depressive states, so I summoned the courage to start sitting in deep contemplation.

Fast forward a few months, whilst seated in silence, I was struck with an intuitive insight. Two words hit my cranium "Emotional Acceptance".

I instantly without any further thought knew that this was the missing piece to resolving my pain and suffering.

I had a knowing that I would resolve my issues.

Fast forward 12 years, not only have I let go of virtually all my inner turmoil, I have transformed my life beyond my wildest imagination, including my speech :)

Finally, I have professionally taught 100's of people Emotional Acceptance successfully. Supporting them to let go of negative emotions of any kind. Returning them to their natural state of happiness and peace.

The ability to feel good, has opened up previously unimagined possibilities in my life and those that have been taught Emotional Acceptance.

6. Emotions 101

Before I take you into the wonderful world of the healing gift that nature gave us in Emotional Acceptance, let me take a moment to re-educate you on some of the misunderstandings that society has taught us about emotions for their own gains.

What are emotions?

Emotions are the product of your thoughts. Whenever you think a thought, there is a corresponding feeling attached to it, which we refer to as a chemical called emotion.

Therefore, the way that you perceive the world is as a result of your thoughts and emotions.

Emotions don't tell us about the state of reality or the factual world, they just tell us about how we choose to think and feel about the world.

Most of the way we think and feel as adults is as a result of our childhood conditioning.

This mental and emotional conditioning can be conscious or unconscious.

Therefore our human design is such that the mind and body becomes a storage house for these past ways of thinking and feeling about ourselves and the world.

Hence, human pain and suffering is the result of stored negative emotion.

The good news is that the same as you may be a store bank for negative emotions that are causing you pain and suffering, the intelligence within you has the capability to support you in taking you back to manufacturers setting, a store bank for positive emotions.

Now that we have covered the basics about emotions, I'll uncover a few false understandings about emotions, which will start to set you free in your pursuit of letting go of negative emotions that cause you pain and suffering.

#1 - People and external events in your life are NOT to blame for making you feel the way you do.

If this was the case, it would be a cruel design of human biology because no one would have a say over how they felt. It would be a bit like you being the puppet and the master being someone else.

The truth is that the factory that produces your response to external situations is inside of you. In order for you to feel a certain way about something, you have to perceive it that way.

#2 - External situations or people (stimulus) only triggers you to feel a certain way because you carry corresponding emotions.

Therefore, you are harbouring suppressed emotions that were unconscious until the external situation triggered these sleeping emotions. Hence, you mistakenly only see the stimulus in the external but not the emotion that happened to match this situation.

Just think about this; a situation is objective yet the response of two people towards the same situation can be different. Therefore, the response is subjective. This subjectivity suggests that the two people are reacting in accordance to their personal emotional make-up.

#3 - You are NOT your emotions.

Most people live their lives in accordance to their emotions. If a feeling gives them the green light, they behave in alignment to how the emotion made them feel.

If a feeling gives them the red light, they are stopped in their tracks. The truth is that you are not your emotions. Emotions are just the chemical end product of your minds thoughts.

In fact, you are the intelligence that is responsible for creating the thoughts and feelings. For example, you are the vehicle, not the fuel in the vehicle. Yet you need the fuel in order to make you car move.

My main purpose for highlighting the fact that you are not what you think and feel is because often people have resistance in letting go of these negative states because they are identified with this way of being. Who would I be without this way of thinking and feeling is what they say.

#4 - Emotions are not good or bad.

Your labelling of positive or negative emotions is only the mind's way of finding a way for you to escape the painful emotions. My reason for highlighting that emotions are actually not good or bad, but just on a spectrum of varying chemicals is because it is this identification by your mind that stops you having the awareness that you even harbour such emotional-mental programmes.

You've heard the saying, whatever you resist will persist, right? It's a statement of utter truth in this context because when you see emotions as black or white, you automatically resist some and accept the others. This way of managing emotions just means that those emotions that you deem as bad or negative will end up controlling your life. Without this awareness we can't let an emotion go, as you will find out in the subsequent part of the book.

#5 - Whenever you react to a situation or a person you are missing the opportunity to let go of an emotional programme that you carry.

Responding consciously or thoughtfully is what allows for problems to be resolved in your life. Yet reacting to situations in a hasty manner does not allow for resolution.

So, becoming aware of potential reaction allows you to become aware of the emotion you are carrying.

Reacting will keep you stuck in the same looped conditioning you were programmed by in the past.

Hence, you will always live your past and you will not have the opportunity to create a new future.

7. How do most People deal with their Emotions?

They don't!

Most people refuse to look at their negative emotions at all.

They achieve this either, through complete denial of how they feel, suppressing how they feel or by distracting themselves.

Unfortunately, just because you ignore or deny how you feel, it doesn't mean that it just goes away or does not affect your life.

It does.

In fact, it just ends up controlling you unconsciously.

As we are taught that particular emotions are acceptable in the human experience and others not so much, we spend our lives running from emotions that are painful.

Just think about the umpteen ways that people suppress or distract themselves from how they feel.

Over eating, alcohol, shopping, TV or other forms of entertainment, sex etc.

You see wherever there is an addiction of any kind, meaning any activity that you can not consciously control, means that there is a coping mechanism at play. And usually there is an emotion that you are trying to keep at bay.

8. Fear of Feelings

One of the things that stops people from letting go of negative emotions is that they are not willing to be honest about how they feel. I.e. Unwilling to face their feelings.

This is only because we live in a world where we are taught to fear our feelings. This fear of feelings is because on the deepest level people feel that the scary feeling will come true. They believe the scary feeling will manifest in the world.

People project their feelings into the world.

You could also say that fear of feelings occurs at a primal level as being akin to death.

Yet this is not true. The truth is that an emotion only tells you about your mental programming. Therefore nothing to be scared of. There is no saber tooth tiger around the corner.

When you can stand in the eye of the storm, you'll find that the worst that can happen is a chemical cascading through your body.

9. Don't cry like a Baby, they said (Please do, it's good for you)

We live in a world where people are largely very scared of how they feel, and so any show of emotions makes most people feel uncomfortable.

An extreme version of this is crying. Crying is the body's natural mechanism for letting go of emotional pain and suffering.

Let me ask you this; when was the last time you cried? Did you feel better or worse afterwards? If you think hard enough, you'll realise that the truth is that you always feel better after crying. This is because your body has purged a contracting emotion. As a result, you feel lighter, as opposed to heavier.

When you start allowing nature to run its course with emotional acceptance, sometimes the body will respond with tears and this is a completely valid response.

On the other hand, there can be milder emotional responses by your body. And they are just as valid too. The body is always perfect in its form of purging emotions. Just stop interrupting nature.

10. Emotional Acceptance, Nature's Way

Let's get into the nitty gritty.

Emotional Acceptance is a natural way to let go of negative emotions, so that you can return back to feeling good.

As you've all experienced at times, when you feel good, we naturally start opening up to new possibilities in our lives.

How do we use the method?

On a basic level, by allowing yourself to feel an emotion or feeling it without suppressing it or denying it, you allow it to be released.

The key here is that you are not to try and make the emotion go away or change it. The paradox being, when you allow yourself to accept the feeling as it is, the natural mechanism of the body kicks in.

It's only resistance to the feeling in the first place that traps the emotion in your body and nervous system.

11. The Grand Daddy of all Processes

The Emotional Acceptance process:

Step 1. Awareness

Become aware of how you truly feel. This is different to what the mind thinks. Being honest about how you feel will give you the awareness of how you feel.

Feeling is the operative word here. Identifying a negative emotion and where possible naming how you feel, is the first step.

Step 2. No Mind (mindless)

Disengage the thinking mind. It will only get in the way in this process. If your mind gets in the way, keep taking your awareness back to the feelings.

The initial role of the mind is to allow it to trigger the feelings or sensations. Once the thought/memory leads to a feeling or sensation, its job is done.

Step 3. Feel it

The key step is to actively feel the negative emotion. Notice where you feel it in the body. And place all of your attention onto the feeling or sensation.

In time the emotion will dissipate and eventually dissolve. Thereafter, you can restart the process from step one, to identify whether there is a further layer of negative emotion, which can also be transmuted by repeating the process.

Repeat the process until you have gone from heavy to light relative to the sensations or feelings that you were carrying.

Remember, the aim of each session is to allow yourself to “fall into the emotion” i.e. surrender to it. Not fighting it any longer.

12. What Emotions can I let go of ? (I hear you ask)

Any mental or emotional state that is causing you pain and suffering can be released with emotional acceptance.

Any conditioned state in the mind and body can be let go of. Whether that be a stressed based programme, anger, shame, fear, guilt, sadness or any other emotion that you can feel.

Any emotional wounds or traumas can be released with emotional acceptance. No matter how painful it might be.

You see we are not trying to belittle what may have happened to you. We are just liberating you from its painful effects, so that you can create a happier future, yet deduce the wisdom from the painful situation.

With emotional acceptance, you can also let go of problems in your life, by letting go of the emotions that prop the problem up. Once the perception of a problem or issue is dropped, a solution is much more likely to pop into your head.



13. Ways to apply Emotional Acceptance

Emotional Acceptance can be applied in numerous ways.

- 1.** It's most easiest to apply Emotional Acceptance post event or situation that has occurred. This allows you to go into an almost meditative state to face an emotion. This is where I suggest you begin with your practice.
- 2.** It can also be applied in real time, when the negative emotion is arising. This tends to be when people or situations trigger a response from within you. This can be a more advanced skill, as most people find it challenging to admit how they feel when they are around other people or in the midst of a situation.
- 3.** It can also be applied in 'The Gap', as I call it in my advanced teachings. The Gap is that which contains the emotions such as fear etc. that are in between you and your goal or intention.

Remember, every problem in life is underpinned by an emotion. When the emotional constitution changes with emotional acceptance, the feasibility of making a change in your life becomes much greater.

14. Why does Emotional Acceptance always work?

Nature gave human beings ways to rid ourselves of waste. Physical waste being the most obvious.

Yet it also gave us a way to rid ourselves of emotional and mental waste. This waste disposal system is called Emotional Acceptance.

Crying is the bodies most extreme example of this emotional-mental waste output.

The body will always try to rid itself of any waste that does not serve the body.

The body is designed to heal naturally. Just think back to last time you cut yourself. You didn't do much beyond cleaning and covering the wound. 99% of the healing occurred by the intelligence of the body.

The point being, if you allow the natural response of the body albeit teaching what was once natural with emotional acceptance, your mind and body will rid you of your lack of emotional wellness and return you back to your healed state, where the mind and body operates at optimum level.



15. Who can apply Emotional Acceptance?

If you are a human being with feelings then you can use Emotional Acceptance to good effect in your life.

If you are an alien who doesn't experience thoughts or feelings, then it's probably not for you. :)

On a serious note, if one suffers from serious mental health issues, although nature's way usually works, I would suggest you see a Doctor.

Emotional Acceptance is not meant to be a substitute for medical intervention.

16. The Victim

There is a very important distinction to be made here. With emotional acceptance you are not indulging your emotions like people who behave as victims do.

Victims tend to revel in how bad and negative they feel. They moan and groan about how much pain and suffering they are experiencing.

This is NOT the point of Emotional Acceptance.

You are not to get stuck in your head. Being stuck in your head means that you are not letting the emotion go. Victims get stuck in the rumination. Where as those that liberate themselves from their negative and painful emotions, get into their body.

By getting out their victimised head and entering into their body, they facilitate the natural ability of their intelligence to let go of the programme.

17. Resistance to Change

Another really important point to make here is that you might find resistance to either this process or to allowing yourself to even experience the power of nature's method.

This is common and totally ok. This is because one's identity is very much created out of one's stories from the past. The positive and the negative shapes who we perceive we are.

Therefore, negative emotions are like battle scars that we refuse to let go of because people think, 'who would I be without them'?

Therefore, resistance is your mind's attempt to retain the image of self and life's conditions to affirm this image of self.

Know that in order for you to usher in a more promising future, one filled with new possibilities, you have to let go of your past. This means letting go of this outdated self image.

Hence, allow the resistance to arise and therefore accept the emotions as just another programme playing out.

18. A head based Society (Numbness)

You see, if you have been swept up by the heady based society that we live in, you might find that you are somewhat disconnected to your body. You might feel a little numb when trying to access emotions and feelings.

This is normal because we have taught ourselves that it is not safe to feel the way we do. We have conditioned our bodies to only feel feelings that are deemed 'non threatening'.

Numbness is also a protection mechanism. Yet let me tell you that numbness is also a feeling or sensation, albeit a subtle one.

As you give yourself permission to feel shallow or weaker emotions, you will start to signal to your mind that you can welcome stronger sensations.

As a result, you will allow unconscious numbed out mental-emotional programmes to arise, and therefore have the ability to consciously let them go.

19. A Way of Living (More than just a Tool)

Adopting this non-resistant way of living will result in radical rewards in your life in a short space of time.

Yes, you will have to dedicate yourself to the process in order to let go of significant layers of trapped emotions that have been causing you distress.

When you start letting these programmes go with emotional acceptance, I assure you will start feeling amazing. Feeling good will be a reward in itself.

Emotional Acceptance is a lifestyle, not just another tool. A non resistant attitude towards yourself that will be eventually reflected back to you in your external life.

Life has a funny knack of reflecting what our mind and body harbours.

The greatest gift that I gave myself over the years has been to stop abandoning myself at times of pain. This is the gift I share with my clients.

You wouldn't abandon your upset child, so why abandon yourself at a time of need?

This is a practical form of **self love** that will reward you with a life of possibilities.

20. Let them trash your home, will you (Outro)

Would you let someone come into your house and trash it? No! So why would you let anyone or any external event in your life, trash the way you feel inside of yourself.

Your physical home is your beautiful space, so why don't you treat your mind-body like your home? There is no difference.

In fact treat your inner real estate as your temple. Feel emotionally well and healthy should be your number one priority.

When you feel good, umpteen possibilities open up for you, right! When you don't feel good, imagine how many doors close on you!

So, it's that time when you put yourself first.

Book yourself in for a free Emotional Acceptance session, to experience the power of Emotional Acceptance, nature's way. Either contact the Emotional Acceptance Practitioner that sent this ebook to you or contact me.

If you are interested in knowing more about becoming an Emotional Acceptance Practitioner, please get in touch with me for a free Emotional Acceptance Practitioner guide.

Please contact us via our website
<http://www.teamea.global>

Sending you all the love in the world, may you have the courage to start your Emotional Acceptance journey. New possibilities await.

Vineet Bhatia - Founder of Emotional Acceptance

Our bigger vision is to put Emotional Acceptance into the heart of every home in the world! No one should have to go through emotional pain & suffering, when nature gave you a way to let it go. Emotional Wellness can become a reality for everyone.