
THE GOLDEN PATH LIBRARY

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Accepting What Is

From Resistance to Clarity



Pain is natural. Maybe even inevitable. However suffering is optional.



Introduction

Mental suffering is almost always resistance to what happened or is happening right now.

When life unfolds outside of our expectations, preferences or desires, the mind attempts to restore coherence, safety, and predictability by:

- ◆ Interpreting the event
- ◆ Searching for familiar mental models or explanations
- ◆ Quickly assigning a meaning
- ◆ Restoring a sense of predictability so we can respond I find this to be remarkably intelligent and protective.

There is however...a glitch...very often the interpretation, models and meanings are shaped by our resistance to what has happened. When this clash between our narrative and reality occurs, we find ourselves at resistance to what is - with hopes to shape it into what we want. This is the beginning of suffering.

It is most easily understood by considering a few examples...

Example #1

Imagine you discover that your partner has been dishonest with you.

Perhaps they hid something important.

Perhaps they broke an agreement.

Perhaps they betrayed your trust.

The moment you discover this, a wave of emotion may arise — shock, anger, hurt, grief.

All of that is natural.



But then the mind may begin saying:

- ◆ “This should not have happened”
- ◆ They should not have done this.
- ◆ How could they do this to me?
- ◆ This cannot be real.
- ◆ This ruins everything.

The mind begins replaying the moment, analyzing every detail, trying to mentally undo what has already occurred.

The body tightens. Sleep becomes difficult. The mind loops through the story again and again.

The betrayal happened once.

But the mind may relive it hundreds of times.

This is where suffering deepens — not only from the original event, but from the mind’s ongoing battle with the fact that it occurred.

Now imagine a different internal shift.

After the initial wave of emotion, there is a moment where you say: “This happened.”

Not: This was okay.

Not: I approve of this.

Not: I will tolerate this.

Simply: This happened.

The reality of the moment is acknowledged.

And something begins to change.

The mind is no longer spending all of its energy fighting the fact that the event occurred.



From that place, new questions become possible:

- ◆ What do I need right now?
- ◆ What does this reveal about this relationship?
- ◆ Is repair possible?
- ◆ What boundaries need to exist moving forward?
- ◆ Do I stay, or do I leave?

Acceptance does not remove the pain of betrayal.

But it ends the internal war with reality.

And when that internal war softens, clarity becomes possible.

From clarity, a woman can make powerful decisions.

She may confront the behavior.

She may demand accountability.

She may leave the relationship.

Acceptance does not weaken her response. It strengthens it.

Example #2

Imagine you are in a meeting and a colleague interrupts you repeatedly while you are speaking.

You feel frustrated and disrespected.

Two very different internal responses might arise.

One response might sound like this: “This shouldn’t have happened.”

- ◆ They shouldn’t treat me like that.
- ◆ That was disrespectful.
- ◆ I can’t believe they did that.

The mind begins replaying the moment. The body tightens. Frustration builds.

You replay the conversation over and over, imagining what you should have said or what they meant by their behavior.



The moment is over, but the mind continues to fight with it. Circling the moment, ruminating in the mind and experiencing unpleasant sensations in the body. Hours later, you can still thinking about it.

This is resistance.

The event occurred, however the mind's ongoing argument with the event - creates suffering.

Now imagine the same moment, but with a different internal response.

You notice the frustration and think:

“Well that happened and I did not like that AT ALL”

You acknowledge the reality of the moment (That Happened) without immediately entangling with it. You might still feel irritated. You might still think the behavior was inappropriate.

But the mind is not locked in an argument with reality or trying to change what has already happened.

From that place, your attention returns to the present moment.

Now you can ask clearer questions:

- ◆ Do I want to address this directly?
- ◆ Is this a pattern?
- ◆ What boundary would feel appropriate here?
- ◆ How do I want to respond next time?

The difference is that one response becomes trapped in the moment, resources are pouring outward trying to figure things out – while the other response acknowledges it happened and then moves to create space to respond thoughtfully.

When the mind continues circling the moment, attempting to resolve something that has already happened, we create an internal war of resistance. This resistance has us ruminating, seeking to understand, categorize, figure it out, find the answer, etc.

Where pain may be present in the original experience, the suffering arises when the mind continues fighting reality that something painful happened.

The event happens once. But the mind can relive it hundreds of times. Suffering.

And each time the story is repeated, the body responds again as if the danger is still unfolding.

In this way, resistance keeps pain alive.



Acceptance does not erase what happened. It simply ends the argument with reality.

When the argument softens, the mind no longer has to defend its narrative.

The body begins to settle.

Awareness widens.

And from that place, we can begin to see the moment clearly – and decide what comes next.

What “Accepting What Is” is...and what it is not...

Because the phrase “accept what is” can easily be misunderstood, it is important to clarify what this practice actually means.

For many women, the idea of acceptance immediately raises concern.

It can sound like:

- ◆ Approve of what happened.
- ◆ Tolerate harm.
- ◆ Stay quiet.
- ◆ Be passive.
- ◆ Let people take advantage of you.

That is not what this practice is inviting.

Accepting what is does not mean approval, condoning injustice, tolerating harm, abandoning discernment or becoming a doormat.

Acceptance is not about the behavior being acceptable. It is about acknowledging reality.

There is a profound difference between these two statements:

“This should not have happened” and “This Happened.”

The first is an argument with reality. The second is an acknowledgment of reality.

And when we acknowledge reality as it is, something powerful becomes available, we reclaim the energy that resistance was consuming and move towards greater discernment, strength, and sovereignty.



Prompts for Practice

Start small.

Take a mildly irritating or uncomfortable experience and practice acknowledging reality.

For example:

- ◆ Someone is interrupting you while you're speaking
- ◆ A plan changing unexpectedly
- ◆ Someone being late
- ◆ A frustrating email or text
- ◆ A small disappointment during your day

1. Notice the moment.

Bringing awareness to the moment unfolding and yourself inside of it

2. Notice the mind's reaction.

Is the mind saying something like:

- ◆ "This shouldn't be happening."
- ◆ "Why are they doing this?"
- ◆ "This is so frustrating."

Simply notice the argument forming.

3. Acknowledge reality.

Quietly say to yourself: *"This is what is happening right now."* or *"That happened."*

Not because you like it.

Not because you approve of it.

Simply because it is already true.



4. Feel what is present.

Notice what emotions or sensations are in your body. Let them have space if you desire, no need to fix or change them. Let yourself have the response you're having.



5. When you're ready...allow yourself space to feel what comes next.

"Now what do I want to do?"

- ◆ Do I respond?
- ◆ Do I set a boundary?
- ◆ Do I let it pass?
- ◆ Do I simply return to the present moment?

And so on...

A Helpful Reminder

Acceptance does not mean the situation is acceptable.

It simply means acknowledging reality clearly enough to respond to it with discernment and choice rather than resistance.

