

## A WIDER PERSPECTIVE OF LIFE-RADICAL ACCEPTANCE

Prof. Rakhi Kashikar<sup>1</sup>, Prof. Ritika Khandelwal<sup>2</sup>, Dr. Abhay Shende<sup>3</sup>

<sup>1,2</sup>(Department of Humanities, PJLCE/RTMNU, India)

<sup>3</sup>(Principal, PJLCE/RTMNU, India)

**Abstract :-** Radical Acceptance is an evolutionary good it doesn't mean passivity it means freedom. We can learn from our misfortunes. We just don't want to be irreparably damaged by them. To accept means to see things clearly. It reinforces the notion not to give a second chance to someone who doesn't deserve it. You don't have to walk around feeling like a victim in order to protect yourself. Individuals who have undergone radical acceptance describe the experience as being liberating, as if seeing clearly after drowning in a thick fog. Radical Acceptance states that let there be a blessing for us all to be free to see the world as it is, with its dangers—and its gifts. Most of us have blessings if only we permit ourselves to see them. Ironically, as we shed our expectations we become lighter and more open to every moment that we live. Grab the good when it comes by. The bad will find you where you are

**Keywords :-** Radical, self-liberating, outlet, self-actualization, adroit.

### I. INTRODUCTION

#### Radical Acceptance is a gift of nature.

To accept something doesn't mean you like it, it means you know you can't change it, it means you know you need to find another way, it means you know it is time to let go, it means you know it is time to move on, it means you are ready to discover what is next. ARE YOU READY?

Radical Acceptance means entirely accepting something from the depths of your soul, with your heart and your mind. One who is in the mode of acceptance stops combating reality. When you stop combating you suffer less. In other words it means one does not get enraged if his or her best friend gets recruited or selected in a multinational company which he or she deserved or the best example of this kind of acceptance is that of broken marriage. A person slowly and steadily accepts that the couple did not have the compatibility and thus it is better for them to stay apart and lead a happy and peaceful life. For many of us, feelings of deficiency and unworthiness are right around the corner. But one accepts what his destiny is, learns and moves forward.

Radical acceptance is easier to understand than it is to practice. There are many obstacles to giving up the suffering of resentments and anger toward others, towards God, or toward the world in general.

### II. HURDLES TO RADICAL ACCEPTANCE

Accepting reality means less emotional suffering in the long run.

**II.1 Don't cry over spilt milk.:** It is a natural human tendency to get annoyed when one gets hurt and his whims and wishes are not being fulfilled. Holding on to one's fury will only aggravate one's grief and sorrow and make him more and more meek and feeble. One needs to distract his mind so that he/she does not ponder over the thought again and again. Your anger serves as an indication, of one's actions. If you let go of your sentiments and accept the reality, then it can seem like it never happened. That only sounds good. But when actually a victimized person undergoes it only he/she knows with what storm of emotions he has to fight with. But as it is

rightly said 'time is the best medicine which heals all the wounds.' One has to move ahead like water in a river which is soothing to the mind and is crystal clear because of its tendency of moving on instead of being stagnant. So one has to grow in life and not just sit behind grieving, repenting, resenting and crying over spilt milk. Radical acceptance does not mean that you embrace the person who hurt you as if nothing happened. One gets purified and progresses with knowledge and will power one didn't have before. And stands up for oneself with respect and dignity. The frustration and bitterness serve as source to be more careful in the future, to strengthen your support system, or to use whatever knowledge you gained to be more effective in living your life. Holding onto the sack of negativity and hostility will make you stressed out which will result in one being mentally, and physically ill. Thus one needs to leave the past which keeps you agonising the painful event. The same holds good if you are angry with yourself. Forgive yourself and move on with what you have learned. Punishing yourself does not help you live more effectively.

**II.2 Disguising the reality.** We think the problem lies with the word "accept" because people perceive it as blindly approving of something or agreeing with someone, such as accepting a marriage proposal means agreeing to marry a guy who wishes to marry you etc. Radical acceptance does not mean you are agreeing to a situation or action. It means you are acknowledging that the event happened and is real. Acceptance means not combating reality, but just living with it by considering it as a fact of your voyage. For example a girl who is betrayed by a guy may think that the boys wedding shouldn't have happened that she will never accept that he married her, that she will seize the grievance in her heart till the day he dies. In this situation the mental storm and solitude is all hers. By disguising the reality she is the lone sufferer. The truth is that he did marry her. Her non-acceptance doesn't change the fact and will lead her into regressive mental trauma and pain. The same is true if you are not accepting your own conduct. The truth is that you did whatever you did. You don't have to approve or agree, but the facts are the facts.

**II.3 Fake Self-defence by holding the wrath in one's mind and heart.** One may be using antagonism to protect himself from more painful feelings such as hurt, sadness and emotional pain. As long as one stays annoyed, sad and hurt it may make one feel quite disposed. Besides reality is that anger is a secondary emotion and by aggravating it one is blocking the most imperative emotion. As long as you obstruct your primary emotions you cannot heal. This in other words is nothing but the fake self-defence of one's fury. The path or track which the sufferer has chosen to protect oneself by offending or punishing the wrongdoer by doing something that creates distress is not the right key to the solution. Instead the study reveals, choosing a right path to go ahead with prudence is the most precise way which one should follow. Though we know the fact that it sounds very easy to accept things with all its bitterness and resentment but are too difficult to meekly accept without despise and ill-feelings. But this will only add fuel to the fire despite reliving ones stress and suffering. Thus one should not shelter one's fake anger.

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Radical comes from the Latin, “radix”, meaning root. When something is described as radical, it is correlated to the basic nature of something. When we practice radical acceptance over and over again, we essentially change the very core of our being, from our cells to our souls. We allow ourselves to fully epitomize the moment just as it is which on other hand give ourselves permission to unleash of unnecessary emotional suffering.

An eminent author Tara Brach in her book, *Radical Acceptance: Embracing Your Life with the Heart of a Buddha* states: “It can be helpful to remember that radical acceptance of a difficult feeling (or experience) does not mean that you are resigned to always feeling that way. It doesn’t mean that the feeling is “right” or “wrong.” Nor does it mean that you will be passive, and not take actions that might be helpful. Radical acceptance refers to your relationship with the reality of “what is” in the present moment. By arriving honestly and with openness to this moment’s experience, you create the possibility of then responding with wisdom and compassion.”

To illustrate this term in deep we can say that we all are born in an era where we have no choices things are unpredictable, uncertain. We evolve in this era where with countless choices one cannot think all good to happen to him. One can see extremities in life like, one person may be born with a golden/silver spoon while the other may have to slog throughout his life. Almighty does not give you a chance to choose which family you would be born in, your physique, your parents, siblings, color of your skin, your looks, which time of the year you were born in, etc. Hence one has to accept the reality which cannot be altered and face the circumstances with courage and boldness. If a person sits back and carries grudges he/she will go in the pit of negativity, repentance and self-hate. Instead radical acceptance states that one should not sit passively carrying bitterness in his heart and soul but should accept the reality and move ahead optimistically. One should have the power to fight with his destiny and emerge as an emotionally, intellectually and socially independent being. To emphasize on this point we can aptly say **its okay to be born poor but not less than a crime to die poor.**

Though it’s very simple to say this thing, but one who certainly has a harder time than others may for certain period of time be in stage of anguish or trauma. To illustrate someone believed in you and in turn, you began to believe in yourself. If you were an overly emotional and sensitive being, you may have been badly hurt and depressed by the numerous selfish people that you met in the journey of your life, whom you may have to confront many times. Though some of these lesions can last a lifetime, leaving you completely lost, disturbed, frustrated and ruined. But by pondering deep into this thought one can say that this bad phase can vary from person to person, as everyone is brought up in different circumstances, situations, culture and traditions. We inherit by birth many things from our remote ancestors, forefathers and parents which ultimately mould and define our present. There are so many stories and your unique life is one of them.

Research says that there is a never ending debate on environment and hereditary. But when we read the great epic Mahabharata it reveals the fact through the story of Eklavya and Arjuna that hereditary does not necessarily influence a person’s skill and knowledge. (Guru Dronacharya refused to teach skill of archery to Eklavya because he was not a prince or the son of a family of royal lineage). But he (Eklavya) not only radically accepted the situation but also with his dogged determination and will mastered the art of archery and eventually became an archer as great as Arjuna and Karna. So what matters in achieving set goals and targets in life for him was that he didn’t put himself in the pit of negativity instead he progressively moved ahead by accepting the situation and sidetracking bitterness, anguish, hatred etc., Thus, the research concludes that he does not passively sit back but radically accepted the situation and focused on triggering his passion followed by efforts and hard work. We can cite some more examples like. That of British cosmologist Stephen William Hawking and Steve jobs, two men who had life full of obstacles but nonetheless, persevered. Hawking wisely said once

about his disability and ill health, "It is a waste of time to be angry about my disability. One has to get on with life and I haven't done badly. People won't have time for you if you are always angry or complaining."

Man for a long time has oscillated between self and society and has finally accepted that the real meaning of his existence can be found in society. But sometimes society is unable to give meaning to issues like disappointment, solitude and alienation. Hence solution to this is to radically accept and move ahead. Like when injured by others or by circumstance one actually gets outraged, upset and starts to curse the doer of the action and Almighty which is incorrect. Instead when one is injured by other or by circumstance, one actually gets outraged, annoyed and starts to curse the person of action or the Almighty and goes into a stage of complete fear as to what may happen in future. The person goes through a process of grief which is of utmost importance for the person to heal. Just like if a person is wounded it is slowly healed, it first starts off with pain followed by being tender then protected and soothed and finally it heals. Sometimes the scars for sure remain just as they would be left in a grieved person's heart if the situation is not accepted. Grief takes you then phases like pain, sadness, anger, feeling of loosing something and then to acceptance. Thus it can be summed up by saying that acceptance is a good thing, if one accepts the situation one does not need to go through all the painful stages.

Humans are prone to get hurt because it is a normal human tendency to hold on to bad memories more than the good ones. People usually remember what worse/bad had happened to them; they hardly recall or recollect the good times spend with their loved ones. This is the reason why more and more people are diagnosed with psychological problems like stress disorders which on other hand make these people victim of reprehension, anxiety, aloofness and strain. In literal sense radical acceptance means you understand and interpret that worse things happen to good people at all time of the day. One can't just carry wounded personality all through one's life, one cannot just keep crying over what has happened in the past, If one just ponder over this one will realize what purpose this embittered soul of yours will provide you? A human whose heart is filled with sorrow of resentment and anger is a soul occupied with hatred and not love.

As Carl Rogers wisely said: "The curious paradox is that when I accept myself just as I am, then I can change." a humanistic psychologist who agreed with the main assumptions of Abraham Maslow, but added that for a person to "grow", they need an environment that provides them with genuineness (openness and self-disclosure), acceptance (being seen with unconditional positive regard), and empathy (being listened to and understood). Unconditional positive regard is nothing but accepting, realizing and then changing. For example a person who spits everyday in a corner of a building will continue doing it inspite of repeated reminders of others; this will only stop when he himself realizes that he is troubling others by his wrong doing. A wrong is a wrong; and it needs to be righted if realized. Thus this is the stage of "Self- Actualization".

In brief, without **Unconditional positive regard**, relationships and healthy personalities will not develop as they should, much like a tree will not grow without sunlight and water. "For Rogers, fully functioning people are well adjusted, well balanced and interesting to know. Often such people are high achievers in society"

### **III. CONCLUSION**

Radical Acceptance is in a way a gift. We must accept what happens to us. That doesn't mean that we like it or agree with it. But moving ahead progressively with patience is what is much needed. Tara Brach rightly said that Radical Acceptance is an honest acknowledgement of your feelings within at the same time by accepting the present moment as it is. For example if a student is nervous due exam fever he /she should accept this feeling first and then think of overcoming it .He should ponder deep and find that there can be just two things that can happen either he/she will pass or fail in the examination. If he passes well and good and if he fails he has a chance to study again. Moreover we can say that it is actually a boon for people undergoing it because one becomes more alert, aware and adroit in mastering his failures and weakness of fear and nervousness. Hence now your nervousness can act as an outlet and you can conquer that feeling and emerge as a Self- Actualized person and become fully functioning. There is an increasingly well-known adage that says “What you resist persists.” Your identity gets suppressed and hinders your real self. And the more you push something away or run from something, the more your sense of self is linked with that experience.

So one must dictate his rational mind in such a way that his entire energy is not wasted in ill-logical or wrong doings but is invested in optimistic and evolutionary thoughts and actions. And must essentially remember too for this he or she has Hobson's choice, that is no other alternative or option better, which is to accept it or leave it. Practically speaking radical acceptance can be very difficult but from acceptance comes clarity - and from this place, you will be more able to make a difference.

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