



Hello, everyone. This is Lisa Wilson with the **Aspen Center for Empowerment and Healing**. Today, I want to just dive in and have a quick conversation about what it means to **accept what is**.

Our **lives** are filled with contrasts. It's just **part of the journey**, and it's how we navigate the journey or how we **handle the contrast** when it presents itself. I have so much that I really want to dive in and talk about with all of you.

So we're going to break it down into a few short videos and see if we can really **capture the essence** of what's going on right now in **this beautiful journey** that we are all going through—this **great awakening** on the planet, **this ascension**.



Loving what is is a very significant piece.

I'll share a **little magical story** because I love this story. Because when I say loving what is, it brings me to this **memory** of being able to do some personal work with Byron Katie because she has a **beautiful book out called "Loving What Is,"** and really **integrating the understanding of what that means** is key for our journey when we can **accept and love what is**.

When she first said that to me, I'm not going to tell you that was **an easy place for me to go**. I mean, **loving what is was challenging**.

When things are up for us, and it doesn't **feel good**, it is difficult to say, "Oh, I love the pain of **what's in my life** right now." How do we **love** that?



There's always a **shift in consciousness** that takes place. For example, I live in a community where it snows nine months out of the year, and I don't **love** that. In fact, it can trigger me. The snow can trigger me.

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I've never loved living in the snow, but I **love the valley that I live in**. It is so beautiful. And three seasons out of four is **pretty good**.

A lot of people laugh because they **come to my community** for the winter, for the ski season. And that's just not **my reality**, and it's not the place I love.

I know this is an easy one because when it really **hits our soul**, when we're talking about some more challenging aspects, we'll go there. We'll get there. So just **follow me** for a moment.



Because I could get really **lit up** about when it's cold, and I can't go outside and **be comfortable**. I'm always freezing. Then I go into my story around it, and then I'm angry. It then creates **the foundation for my day**.

So it has a **significant impact on my reality**. How do we **shift** something when we're in a place of contrasts significantly, where something has shown up for us that doesn't feel good?

This is what I do. These are the tools that I use to help **shift my mindset**



around things that present themselves. I use this in all different ways. I use this around health and finances. I mean, you name it, **I use it.**

So I sit there and I say, “Okay, well, **how is this serving me?**”

Anytime you can ask or formulate a question for yourself, your brain will have to **come up with an answer** for it. It's just the way it works.

When you could stop and say, “Okay, how is this actually **serving** me? How is this **supporting** me?” Well, now you can start looking.

How does living here support me? I've made some really **fabulous relationships and friendships**. I live in a community of extreme athletes, and those extreme athletes helped me **push my own boundary**. I have a **different mindset**.

Anytime you can ask or formulate a question for yourself, your brain will have to come up with an answer for it. It's just the way it works.

There isn't a mindset of aging around here in the same way that you see in other communities.

One of our **significant, beautiful souls** who has been in this valley forever Klaus Obermeyer, and he has the ski wear. Obermeyer just turned 100, and he still does first tracks on the mountain in the morning, 7:30 a.m., 8:00 a.m. on the mountain. And he's in the pool every day. So I have so many **wonderful people shining a light on what it means to age gracefully**.

How do we get our mindset wrapped around really **living youthfully, healthy**, and making choices that **support the longevity of who we are?**

So whenever I get to a place where I'm feeling a disconnect from where I'm at, I know that **everything serves my highest and best good**. But it's up to me. Nobody could do this for you. And it's up to me to **really dial that in**.



So this is where I go, “How is this serving me? What are **the gifts that I’m receiving** from being here, from this **experience** right now? And let me look at all the ways that this has **supported me.**”

Because **there will always be a way.** And it's **always your choice.**

See, the ego mind will come up with usually three reasons. But the **Divine Mind** knows that there are so many more reasons and ways to see it if you were to **expand your awareness and consciousness.**



So **loving** what is in your life right now. Any time we want to make a **significant change** in our outer life—let's say something showed up in our reality, and we want to change it—we have to **accept** it right where we're at first and foremost, before we can actually make that change.

Because **what we resist persists.** So if you're not **integrating** it, you're not **accepting** it, you're not **loving** it, it's only going to continue. Then you are going to continue to bring in **life experiences** to light it up.

Where in your **life** do you have resistance to what is right now? And ask yourself the question, “How is this serving me? **What am I receiving that's supporting me** right now?”

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Join me on these video blogs as we navigate **key strategies** that will **support our ascension, our awakening into higher states of**



consciousness, so that we can actually live a more **joyful, peaceful, and happy life**.



Find me at the aspencenterforempowerment.com.

I have a wonderful healing video up called **Healing Shame and Guilt** that will help clear the energetic resonance of shame and guilt, so that you can actually **release** these dense low energy vibrations and **transform them into love**.

I look forward to more. If you like this video, please **like it, subscribe, and share it**. It's the way that the little computer bots get my work out into the world.

Together we can actually go **transform our limited small aspects of self** that are keeping us stuck and living in fear instead of **abundance and joy, and happiness and love**.

I look forward to more.

Bye for now.