

## **Soft Eyes of Acceptance**

**Amy G. Martin APRN**

Have you ever looked around and really noticed the people in your life? Those in your intimate circle, (the ones who know your heart), those you *have to* interact with every day, and even those in your peripheral world? Then what about all the people you just pass on the street, only noticing with half an eye, the salesclerk, the tollbooth attendant, the shelf stocker at the grocery store, or those so far in the background that you never really focus on them at all? What do they really have to do with who we are?

Why should we pay attention to our reactions to everyone? Why, when we judge harshly, is it really hurting us more than those we judge? When you see that everyone in your life is there to provide a deeper understanding of yourself, you may take a step back before reacting, and feel gratitude for their very presence in your life. It's in these moments that your perceptions might shift, your guard drop and your view become free from all illusion and prejudice.

We're blessed when we have people we call friends in our world; a "mutual appreciation club" can be nurturing and bring security into our lives. Whether a phone call or an e-mail, a get-together or a letter, when we feel love and appreciation from others, it can soften our hearts.

Now, what about those we have a hard time with? Is there anyone in your life whose needs seem never-ending? Have you ever just become intolerant of those who move from one crisis to another? We ask ourselves how we can maintain patience when inwardly we are thinking that they just need to get themselves together and move forward! Do you sometimes want to scream at them, drop your relationship entirely, or on the flip side of the coin, are you attached to being needed?

What about those who bring out our anger? Although some of us would deny ever possessing the feeling of hatred, (did your Mother tell you to never hate anyone?), there are some people who elicit this intense feeling within us. Can you look at the details of your relationship with this person, its history and progressive demise? Those people we dislike, probably hurt or victimized us in some way. These feelings of resentment and even hatred arise within us and probably feel shocking at first, and then maybe they begin to feel powerful and dynamic, giving us the illusion of having some semblance of control. These are, by far, the most toxic relationships and self destructive emotions to carry.

The question to ask is, have *you* ever been in the position where you recognized any of these behaviors in yourself? Have you ever felt needy? Have you ever felt helpless? Have *you* ever hurt someone or used them? Have you ever been insensitive? What was that allowed you to act this way? Is it possible to forgive yourself? This is always the first step before gaining understanding and eventually transforming any difficult relationship.

The truth in life is that you have attracted these people to you, that there is no one in your world that is not a part of you. The gift of having warm relationships in your life shows that you have a level of caring for yourself that is healthy. The relationships that challenge you are also there for your growth and self realization. Understanding your intentions, your thoughts and emotions, is the secret to unlocking and clearing any block that stands in your way. Who doesn't want to become their best and most integrated self? Sequential movement from judgment to tolerance, harshness to understanding, anger to forgiveness, leads directly to freedom and peace. When we look at everyone in our lives through the soft eyes of acceptance, healing takes place in us, in them and ultimately in the world.

---

Amy Martin is a Master RoHun Therapist and a Nurse Practitioner with over 25 years of experience. RoHun is a rapid-acting spiritually based psychotherapeutic tool using set processes to uncover and bring to light those blocks that have prevented personal growth and change. Her private practice, "Healing Therapies," is at 8 West Main St., Suite 1-3, Niantic. For more information or an appointment, call (860) 691-0743 or visit [Time4Healing.com](http://Time4Healing.com).