



ACCEPTING ALL THAT IS & BEING AT PEACE

with **TIGER SINGLETON**

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& Being at Peace

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THE FOLLOWING IS A TRANSCRIPT OF AN EVENT RECORDING.

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Introduction

This will be a sort of meditative exploration. What I mean by that is, I'm not in such a hurry to share a bunch of information, a bunch of thoughts that we can add to our collection of the things we only think we know but rather, I want to speak slowly, and allow us to connect with space in-between the words, and recognize that that space, that silence, is equally but really more so, valuable than anything that you might think I'm saying.

I like that flow, where I don't feel rushed to come up with something to say rather, I can remain still and present and listen deeply to what the heart is saying. Then I get to translate with language and point towards what is seen in the heart.

The topic today: **Accepting All that Is and Being at Peace.**

We can just totally allow ourselves to be present, and acknowledge that this is where we are right now. We can listen without an agenda that tries to get somewhere; we can listen for the sake of listening.

What I love so much about the topic of “accepting all that is,” is a discovery that “what is” is not what I think is. There's a quote that I often point back to, which is, *"It is what it is, but it's never what I think it is."*

This is often the challenge when it comes to accepting what is - we think that we have to accept what we've turned it into with our imagination as if that's actually what it is. This becomes difficult because the imagination is very good at telling scary stories, and so we

feel like we have to accept the scary story as if that's actually what's happening. This can be very disempowering.

I'd like to invite the discernment, the difference between what really is and what we imagine things to be.

The invitation is accepting “what really is” while releasing our imagination about it. This, of course, is an invitation into a meditative space, for meditation is a doorway to connect with what is actually real and true, rather than running around in the mind, believing our own thinking.

Meditation is somewhat of a sacred opportunity to return home to the real; for what is real is what is sacred.

The Painting, Picture and Story

As we open ourselves up to accept life, accept ourselves, accept others, accept what might or might not be happening in the world or on the planet, let's discern that; yes, we could say all sorts of things about it but yet, the mind can't actually define what something is or is not.

The mind can only paint pictures. All pictures of something are NOT that something; more so, it's like an artist's rendition of something, an 'interpretation'. It's what we think it looks like, or it's the story we tell about it.

The beautiful thing about this is - *the painting, the picture, the story* - there's nothing wrong with that. This is a beautiful aspect of being human, and so often just because we can see or discern that the mental commentary isn't true, isn't necessarily real, that's not an invitation to discard it and to think that it's wrong or shouldn't be. Rather, it's about allowing it to be in its proper place. This, of course, points to a profound acceptance.

Funny enough, when you see the truth of the mind's imagination, do you see the acceptance that emerges? Simply in what I was just pointing to, it's like, "Oh, I don't need to reject this. I don't need to see it as wrong. Actually, when I see what it really is, there's a profound way of allowing it to be what it is." This is such a beautiful invitation of inquiry that points us towards a deep acceptance.

The inquiry shows us that the more we understand what is real and true, there is a natural acceptance that emerges, and so often, we try to fight our way towards acceptance. We feel that maybe we have to change something in order to make it acceptable. We do this with ourselves constantly, where we say, *"I want to accept myself, and so I must change myself into what I deem as acceptable."*

However, as one sees a deeper truth about the self, about what you are, there is a natural acceptance that emerges without having to change anything. The beauty of this is that when there is a deep acceptance for what you are, there is a natural and effortless change that begins to emerge. Do you see this?

We can almost recognize that our problematic experience of being human stems from the rejection of what we are, the non-acceptance of what we are, which fuels violence towards ourselves, and this gets projected outwards, towards other people and the world. This is the power of such an invitation of acceptance.

The Power of Acceptance

There's a profound healing quality in acceptance. It's a super beautiful invitation to recognize the power of acceptance, to recognize that it's not a requirement. It's not a demand. It's an invitation to what's true. As we observe the totality of life, we can see that life accepts all, which is simply another way of saying... **life completely allows all to be what it is.**

In whichever direction the branches grow, life says, *“You're free. You're allowed. You're accepted.”* At whatever time the flower blooms, it's accepted with no demand and no expectation. There's no argument. Simply connecting with the space of right now, beyond the mind's commentary, just in the immediacy of this moment, you can recognize that everything is already accepted. Just see this. Even your non-acceptance of this moment is accepted. It's allowed. It's not pushed away. It's not feared. It's not judged or condemned.

As with all spiritual insight and wisdom, forever, it'll be a pointer towards what is real. **Acceptance is a flavor of what is true.** As such, with all the flavors of truth, love, compassion, kindness, healing, acceptance, these are not things that you do rather, they are birthed through a recognition of the truth.

So often, we go about this in a backward way, where we say, "I must accept this in order to find the truth. I must accept this in order to be at peace."

Do you see this trying? —This effort, as if the prize is in the next moment. There's a profound discovery in recognizing that what is craved is already done.

Acceptance isn't something that you do. It's already done.

Peace isn't something that you make happen, it's already happening.

Love is not something that you create. It's already present and abundantly alive.

Can you feel it? Can you let it look out from behind your eyes?

This isn't a thinking expedition. We don't think our way towards acceptance. We don't think our way towards peace. We don't work our way towards freedom. Rather, we recognize it's inherent. It's been gifted since the beginning, simply waiting to be seen.

The question forever will remain: *Are you open to seeing it?* This is an invitation into the present moment. This is why all spiritual practices and invitations are a doorway into presence. Do you see this?

Spiritual practice isn't a method of capturing a flavor of truth. It's not a method that says, "Help me capture peace and freedom and love." Rather, it's a doorway into the present moment to allow the noise to become still, and recognize that what you crave is already here.

Still, the mind says, "But what about this, but what about this, but what about this, but what about this?"

Do you see all the noise? What is the invitation of acceptance really about? Is it about everything that we imagine or think is happening, or is it much more intimate than that? Is it much more immediate, much more sincere?

The Chaos That Destroys Us

You know, with compassion, we can investigate the root issue of all of this.

Do you ever notice that the more chaotic you feel on the inside, the more chaotic the world becomes? I just noticed this. The more chaotic I am on the inside, the more chaos I see in the world. Naturally, this chaos is anything but present. This chaos is reaching out towards ten thousand things in the mind, trying to manage ten thousand thoughts as if they were really happening. Underneath it all, the chaos that looks to manage the outside is simply avoiding chaos on the inside.

It's like the mind that says, "In order for me to be at peace, you must change. The dogs must stop barking. The children must stop playing. Life must stop being life. In order for me to be at peace, I must get what I want!" How's that going? It says, "In order for me to be free, everyone must become my prisoner."

What a beautiful reflection of the world's chaos where everyone is trying to get what they crave on the inside, by demanding that the outside be different. This assumption adamantly believes that the world out there holds the key to what you crave. This perceives a separation, a painful separation from the only thing you're truly looking for.

We've heard it a thousand times in some way or another, that what you truly crave is on the inside. This invites us to lay down the worldly quest and look within to see that the root of the dilemma of all that I think is my problem *is* a dilemma that starts in the sincerity of my heart. I must look deeply at what I am. I must see what is true.

There's a profound liberation and a profound terror in this inquiry to look within. The terror is to see that it's all *you*. Deliberation is to see that it's all *you*. The terror recognizes that there's no one to blame. The liberation realizes everyone is forgiven.

True peace is not the temporary sensation of comfortability where you think you have everything you've wanted, where everyone is doing what you want them to do. Secretly, you're afraid that something might change.

True peace deeply knows the truth, a truth that all is well and what is real beyond my imagination of past and future; a wellness that understands the truth of what you are that cannot be touched by the world, by sickness, by rejection, nor through death.

This is a peace that knows there is nothing to lose. Thus, there is nothing to fear. It says, "We recognize this as we see it more deeply. It's in that moment when we connect with what we truly crave."

Acceptance shows itself as already done. Peace is abundant and alive. We discover profound permission to be as we are, which also extends outwardly to allow the world to be as it is. Before the recognition of what is true, we fear the, "*But what about...?*"

Now, from this space of acceptance, peace, and inner freedom, this doubtful question transforms into an opportunity to share your love. Yes, we can say that there are things that might be happening in our lives or things that might be happening in the world that might appear to be distant from love. However, is that not an opportunity to share the love that you are?

The opportunity is to allow the ten thousand problems in the world to transform into ten thousand opportunities, opportunities to shine a light, an opportunity to bring awareness of a deeper truth regardless of the drama that might be playing out on the surface; whether it's within you, in your home, your community, your country, or the planet.

Do you see that the root of the dilemma is somewhat to be divorced from the truth of life? This is also to say, to feel separate from the love we crave is birthed from an innocent misunderstanding about what's true.

It's a beautiful opportunity to be alive in what might appear to be a dark place, for is there anything that you enjoy more than allowing your light to shine? Do you see how difficult it is to allow the light to shine when everything around you is rejected? You see, when we reject something, we fear that something.

In the rejection, we say, *"I don't want to look at it. Get rid of it. Destroy it!"* But what is it really? Is it really something to be feared? Or is it simply a dark space that's looking for the light of love? Are *you* not that light? Is that not why you are here?

You see the rejection, the pushing away, the non-acceptance. Why? What is it in the way of? The more you dive into this question, you'll see that it's not in the way of anything real.

These things that appear to happen on the outside reflect what's happening on the inside, and we don't want to look on the inside. So we look to destroy the mirror, yet wherever you go, you find a new mirror, until, at one point, you become exhausted from smashing mirrors. Then, you finally have to look and this looking is the beginning of a deep acceptance.

The Monster Within

It's a beautiful thing to look at everything within you that you don't want to accept, everything within you that you think is in the way. *"I'm undeserving of love,"* you say, but there is a willingness to see what's really true. Isn't this the journey, the path we've all traveled?

We stumble along the road of life, somehow avoiding to look within. Then finally, we look, and the deeper we see into what's true, we find an adorable comedy to it all. We recognize that what we were afraid of wasn't really scary at all. It's like, *"Oh! You're not what I thought you were, and as I see what you really are, it's so much easier to accept you."*

Once again, as I mentioned in the beginning, we're afraid of accepting the monster. But when you look at the monster and stop running from it, you see that it's *not* really a monster. We've simply turned it into that through our rejection of it.

A great illustration of this in a playful exercise you might want to explore is to look in the mirror, and see what you see. Do you see what's really there, or do you see the mind's rejection? Do you see what's really there, or do you see the mind's commentary (the monster projected)?

If you imagine what happens, the more you see the truth of what's there. Can you see the tiny smile that begins to emerge, empty of any judgment, empty of any comparison? Like, *"Oh my goodness, there you are!"*

Something within says, *"Well, my goodness, aren't you cute! I see you. I see you. I see what you really are."* Even in your tantrum, even in your fear, even in your silly conditioning that thinks there's something to be lost, you fall in love with "what is" all over again.

You see, you don't make yourself love you. *You* see what's true. *You* connect with what is real. You don't force yourself into a state of acceptance. There's nothing to be demanded as if it's not already done. This is the doorway to healing. The doorway is to see what's true, to connect with what's really there.

"But I don't want to look in the mirror!" You argue.

Why? – "Because I judge myself."

Well, that's something to look at, isn't it? You won't be able to look beyond your judgment if you're not willing to look *at* the judgment. You won't be able to liberate yourself from the monster if you're unwilling to look at the monster. Healing will not be allowed to bloom if you are not willing to look at that which appears to be unhealed.

Adorably, we can spend a lifetime trying not to look. Tragically, we run around trying to get somebody else to do it for us.

This is the super sweet journey of being human. So often, we think being human is about something else other than seeing the truth of "what is". We think that being human is about getting to the future. Being human is about becoming this or becoming that.

All the while, we ignore the truth of what we are, and when you see the truth of what you are, everything that real becomes yours. Everything you've ever craved blooms from the depth of your heart.

We enter heaven. And to feel separate from this, separate from what we crave, can only be described as hell where there is a suffering that we fear will never leave. There is a depth of pain that seems to exist eternally where we feel condemned and doomed to live out a prison sentence on earth, simply waiting to die.

And yet, there is this quiet whisper, inviting us to come home, to be still, and see what's true — ***not see it for the rest of your life, but see it right now, because the truth is always true.***

The Real World

“You can't see the truth in the future. There's no truth in the imagination. In the future, is only imagination. The truth exists in the eternal NOW.” It's such a brilliant invitation into a profound presence of just being here.

As I spoke about in the beginning, when you are chaotic on the inside, the world becomes chaotic. And as we become more present in ourselves at this moment, we see more of what's true. There's an inherent peace that emerges. Do you see how the world becomes more peaceful?

Now, understand me when I say, - the world - I don't mean what you imagine to be the world, what you think is or is not happening, what you think should or should not be, but the reality of this moment, the reality of life itself. *The* world that is real.

This is world peace, to see the world that's true. Your world, the world you create, the one that is being created right now. As you rest in this space, there are eight billion other worlds being created.

Accepting all that is, it's already done. Can you see it? Being at peace, it's already done. Can you feel it? Heaven is already here. The gates are open, and you're welcome to come in.

It's such an honor to be alive. It's such a gift to be here right now. I'm so amazed in my own experience that just being here with you right now, how quiet it is on the inside, in contrast to the chaos that is

experienced from time to time. Or I think there's so much happening, so much that should and shouldn't be happening.

Still, I see that there's nothing happening. There's just this. Right now. And it's always *right now*.

You see, my friends just noticed that whatever peace might be recognized in this moment, it's always here. The stillness, it's always here. We just get captivated by our imagination.

The question of what appears to be obvious injustice, whether it appears to be other people not treating others with kindness, respect, or dignity. How are we to accept such a thing?

This brings up a profound point that the acceptance for “what is” includes an acceptance for you, in your response, in your feeling, in your anger. That's part of it. That, too, is allowed and just as valid as anything felt by anyone else.

The Right Way?

I think it can be quite common that as we investigate acceptance, we feel like we have to, in essence, embody an image of peace, where it's like "*I must become like this*" or "*I must become like that*", rather than allowing our sincerity to be held in the peace that's already present.

You may ask... "Well if somebody comes up and wants to punch me in my face, should I just accept that?"

Yes, accept that.

But also accept whatever your response is. Accept the movement that might get out of the way. Accept the movement that is triggered to defend yourself. Accept the sincerity, whatever it is. It's almost like recognizing you can't get it wrong, and it's when you think you can get it wrong that we become violent to ourselves.

We think there's a right way to do this, and so we fear getting it wrong and we force ourselves out of our naturalness because we want to get it right. This has been the conditioning that the world says, "*There's a right way to be human.*" The world's right way is similar to what I spoke about earlier, where I want other people to be, how I want them to be so that I can be at peace. That's the right way.

However, this "right way" deprives us of our humanity. It's like forcing children to go to school and they just sit still to learn what we think they should learn even though there's no sincere interest on their part.

Denying your sincerity is the right thing to do to be what we want you to be, then we will accept you.

But there might be sincerity in the child that simply says, "*I'm not interested in this.*" There's a profound wisdom in the child that ultimately is learning to stand on their own authority through what we might call a sick society that is fundamentally afraid as it relates to injustice.

My goodness, this could be a whole discourse on itself, let alone a retreat opportunity!

Though, I see an invitation to look deeply within oneself and to question... what is really true here? I say this not to discredit what appears to be injustice, but this projection is also based on what we think is real.

The Victim & Aggressor

We have to be gentle here — everyone is in different places in their inquiry, and where everyone is at is completely valid.

As an illustration, we can look at something simple. For example, look at greed. We could say that there's an injustice. When people are greedy, it's like being greedy is unfair to people around you. Then, we say, *"People shouldn't be greedy in order to heal the injustice."*

But do you see that saying that people shouldn't be greedy is its own flavor of greed that tries to dictate and control how other people should be? You want more and more and *more* people to not be greedy, but your desire already *is* a kind of greed.

We can look at the illustration of the victim and aggressor. Let's look at its most simple context where I might feel victimized and then I become an aggressor by judging the one I blame as the aggressor. For example, I might not be able to get what I want in the future and I blame this or that person. *"It's their fault. They are undeserving of love, they're in my way."*

Do you see how in me being victimized, I become an aggressor?

And what I want in the future isn't really something. This can go super deep to the point where everything disappears and you can just take it wherever you take it. Naturally, I find that we all have our line, where it says, *"Okay, well, this applies up to this point."* And then everybody

has a different point. The invitation is to investigate that 'point' or that 'line' and see what's really true.

And so, for myself - only speaking to my experience - the perceived injustice is always an invitation for me to see what I see, and recognizing that what I see is on the inside, in the way that when you look out, what you're seeing is a projection from within.

Like, when you go to the cinema, there's a white screen, and then there's a projection from the projector onto the screen. The projector thinks that it's seeing something out there. It doesn't realize that it's actually looking at what exists on the inside, but the projector has a really good argument.

The projector says, *"No, look, it's out there! It's separate from me!"* It doesn't see that it's coming from the inside, and it thinks that it's experiencing something out there because it's looking at it, it must be out there. The more you recognize that what you're seeing is your own seeing, then there's a gentleness in how you observe. It becomes impossible to blame what is out there for how you see what is out there.

I spoke about earlier, where problems become opportunities. When I see that what I'm seeing is a projection, it's not a problem; **it's an opportunity to bring more love in what I see.**

The people who are violent, people who are unkind, people who look to take from others, are anything other than a scared child within who

fears that love has been lost. And we only have to look at our own experiences of being unkind and being violent.

All of our external violence has been a reflection of self-violence where we cannot be unkind to others without first being unkind to ourselves. Everyone that you might call an aggressor is somebody who feels like a victim. And you say you have compassion for the victim, but does that not extend to the aggressor, who can only be an aggressor because they feel like a victim?

The question here is... “Do you have compassion for the whole, for both sides?” or “Is your compassion one-sided?”

Not wrong or bad, but what's true?

“Is there going to be healing through rejecting one side of the coin, not realizing you're rejecting the whole thing?” or “Is healing going to come through a love for all?”

Notice how I'm not saying anything about what you should do or shouldn't do. This is so important because the invitation is to see more of what's true and then the appropriate action will show itself. We can be so preoccupied with trying to do the right thing, we forget that all doing comes from seeing.

Let It Flow

“Doing” is the very last step. If you see with fearful eyes, you will have fearful actions, which puts fear into the world, regardless of how you dress up those actions to appear this way or appear that way; where is it coming from?

Likewise, if you see with eyes of love, all of your actions will be loving in nature, which puts love into the world regardless of how other people interpret your actions. Trying to do the right thing is kind of like saying, *“I want to be seen as doing the right thing to look for approval in the world!”*

When you see the truth of what you are, the impossibility of being rejected other than your own rejection, you won't be so concerned with how other people interpret your actions. You can just move from love because it is what's true. You can let people see what they see. You don't need them to see you a certain way. They're free. Which is to see them with love. Let people see what they see, so they ultimately recognize that they don't really see you.

Do you notice this? When somebody makes an action, what we see is how we see that action. We see our interpretation, our projection. This is an invitation to let go of the action and to allow it to return to naturalness. It's almost like an invitation into a spontaneous way of being.

It's funny because people often ask me, "What would you do in this situation or that situation?"

I have no clue, but I'll find out if it ever happens.

The premeditated action, is it dead action? Is it a fearful action? I'm pointing towards a trust which is to remain in the heart with what is true, and then allow life and yourself to unfold. If you feel moved to respond or support this or that arena, then *flow*. If you don't, then you don't.

Realize that in the perceived ten-thousand problems or the ten-thousand injustices, you can't touch them all. So the question remains, where is your resonance? Where are you moved by life?

For me, this extends a trust that I'm not here to solve ten-thousand problems. I'm here to go where life guides me to go, and I trust that all is well. I'm here to do what I do, I'm here to be what I am.

It's kind of like I can put my attention on the ten-thousand problems and I start saying, "Jeez, Tiger, why are you spending this time in a clubhouse with these people doing these things when there are more serious things going on?" — **Because this is what's sincere. This is where my heart is. This is what I am.**

“But what about this and this and this and this and this and this?”

It's not my business. My business is in the heart of what I am. Do you notice that when you become attached to a problem or an injustice, you think everyone should focus on that? It's almost like when you

adopt an ideology, you want everyone else to adopt it. It's interesting; that's a whole other conversation.

See the invitation back to trust. See the acceptance for everything, including what you are, and understand that the invitation is to shine a light. It's not to demand a certain outcome and demand the invitation in bringing a light. It's not to shine a spotlight on who is to blame. It's to bring love, compassion, and understanding, which happens because you see more of what's true.

You see the equality of both sides. You see that the night is also day and the day is also night, that the winter and the summertime go together.

And as a note of encouragement, life knows exactly what it's doing. The drama unfolding between the night and the day, between this and that, it's right on time, not as something to be feared, but as an opportunity for love to be seen.