

# LOOKING WITHIN

## Allowing

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Allowing: As we all know, allowing is quite a challenge.

But then again, allowing is a gift we can offer. It is also a powerful teaching for the giver as well as for the receiver.

When we are allowing things to be as they are, we are in the present moment, free from the friction of resistance.

It allows us to be centered and at peace within. It allows us to make the choices supporting who we are, and allows others to be who they are, no matter what.

Allowing someone to be, is to empower someone to embrace the path that was chosen.

Whether we assume it is the right one or not, is irrelevant. We have to remember that from the outside we do not know how the mansion looks inside.

Allowing is an act of love and an act of presence.

Isn't this a choice we really want to make?

Remember, be gentle with yourselves and let peace be with you.