ACCEPTING WHAT WAS AND EMBRACING THE WHAT WILL BE

by:
Ciara Kathrina D. Felicitas

In life there will be circumstances that will test our ability to cope up and go through decisions that will benefit our mental health and our well-being. In these trying times, pandemic era where nothing is certain, it is important that we know how to adjust or more likely on how to accept that the life we have pre-pandemic will never be the same on this current phase with the fact that no given number of years or time, everything will be put into proper and more normal places.

We have experienced living without face masks, without face shields and most of all living without the fear of having been sick or getting ill for some weird villain that our naked eyes cannot see. We have lived the life of having been completely in control of what we want our lives to be. Now, we are challenged on how to move on from the life we had before and continue fighting to what will be our lives today and to the days to come.

We are now faced on the realization that we are detaching our physical self to others to protect lives, your life and everybody’s living. But we should remember that even actions of detachment are parts and parcel of loving. Acceptance will be our great ally in these trying times of us. Listed below are ways on how to move forward through the art of accepting what happened, what was.

Reminding oneself the “it is what it is” saying. What happened, happens. May it be a reason you know a thing or two or certainly have no idea what the reason may be on why it ended and happened. When one knows that what happened, happens, one will accept freely and wholeheartedly the things that comes with what has occurred. One should move on; one must look forward.
Let go of what it is that bothers you and keeping you from having a life. Letting go of the life we had pre-pandemic may be difficult because of some reasons like, we had a life worth living back then where we spend it as much as we can and as much as when we can. Being through the comfort of our controls, we have been subjected to live with things that we think we can keep under control but facing the today’s reality must give us a brink that we should let go of the life we had before for us to face the life we have now and decide for it wisely, today.

Accept the meaning of what happened. One must bear in mind that surely everything happens for a reason in every season. When we know this, eventually we can look for meaning on why a thing happened. Example of which is learning the meaning of the pandemic that happened and currently on control, is that may be we are being disciplined since the life we had before was exactly what we want it to happen, may be because this happened to make us realized that there are more important things than having a life and surely it is the fact that giving a life and spending it to people who value you are the far more important things than only having it.

Setting goals. Accepting does not only denotes of having it internalized but also having it centered on prioritizing the setting of new goals. By having a new set of targets and way of living, one can move on from what happened by focusing more on what will happen.

It is never easy to accept what was and moving on to the future of what it is, but it is the most fulfilling feeling to have been free from what is keeping us to look beyond things that can possibly happen and open.

For life to be well-lived one must accept what was and start embracing what will be for a very new developmental success in all life’s decisions and aspects.

References: