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Accepting Ourselves and Others

By Robert Elias Najemy

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Part 2 of a 5 part series on creating a Positive Life Outlook

Robert Elias Najemy

Love is the ultimate healing energy.
We lack giving and receiving love.

Our feelings of isolation and loneliness breed mistrust, misunderstandings, competition, antagonism and the whole series of health destroying emotions such as fear, anger, hatred, jealousy, bitterness, resentment etc. These negative emotions build up a personality complex of their own, and grow out of the control destroying our health and relationships.

Learning to accept and love ourselves and others despite our faults, weaknesses, habits and mistakes is a powerful means for healing ourselves and others.

By developing more deeply rooted feelings of security and self-worth, we enable ourselves to understand, forgive and love others and ourselves in more and more situations.

The following thoughts may help us in that process.

We are all souls in a process of evolution.

We are all controlled by our ignorance and fear, which cause us to function in less than perfect ways. Thus, it is logical to accept and love ourselves and others even though we are not perfect and make mistakes.

This can be understood more clearly through some examples.

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Two broken legs

If we know someone who has two broken legs and for this reason is unable to carry out his or her responsibilities or be very productive or creative, we automatically understand that they cannot do any more, because they have two broken legs.

What we fail to understand is that many of people who we perceive as lazy, irresponsible or negative and even immoral have in fact two of their "emotional legs" broken. They have seriously impaired emotional legs of "inner security" and feelings of "self-worth".

Their insecurity and feelings of self-doubt cause them to behave in negative ways. We, too, might be

such persons who have had their inner strength handicapped by negative childhood experiences. Thus we would do well to understand and love ourselves and others even when we are not able to be who we would like to be.

Accepting ourselves does not mean that we do not recognize and admit our mistakes and weakness and seek to improve ourselves and free ourselves from those obstacles so that we can manifest our inner potential on all levels.

Also, accepting others does not mean that we do not assertively explain to them the types of behavior that we need from them.

Half-finished Paintings

An incomplete painting is not yet in its perfected form. It is in the process of being perfected, of being completed. We know that it is not completed because consciously or subconsciously we know that it can be much more than it presently is. But we do not reject the painting because it is not yet what it will be. We do not say that it is wrong or unacceptable. We simply perceive it as incomplete and we attend to the process of completing it.

Let us then imagine that our and others' personalities are half-finished paintings. Let us perceive the general state of the society and world around as a painting in progress.

Yes, there are many weaknesses, faults and aspects to be improved in those paintings. But they are what they can and should be for their incomplete stage. A painting must pass through a series of stages until it is finally completed. Each of these stages is a perfect part of that process of completion. No stage could be skipped or avoided.

Thus, we and those around us are "perfect" at every stage of that process of completion. We and everything around us is at a stage in the process of perfection. Even our imperfections are a perfect temporary part of our movement towards perfection.

When we perceive ourselves and others as unfinished paintings, we will have patience and

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understanding for our mutual weaknesses and faults. We will perceive them as parts of our being which need to be worked on in the process of manifesting our perfect being, which is waiting latent within us to become a reality.

The same of course holds for those around us who are in a process of perfecting their unfinished paintings.

The Bud and the Flower

A flower bud does not yet manifest its latent beauty. Yet we do not reject, criticize or condemn it. We realize that it is in a process and that it is what it needs to be now in order to become the flower which it is destined to be. We accept it is as it is and wait patiently for its blossoming.

In the same way we need to perceive ourselves and others as:

1. Paintings in the process of completing ourselves.
2. Buds becoming flowers
3. Souls in the process of evolution.

We all deserve love and respect exactly as we are.

Our life purpose, however, is to attend to the process of evolution and self-perfection until we blossom into the magnificent and totally conscientious and loving beings that we are destined to be.

(Adapted from the "The Psychology of Happiness" by Robert Najemy available at <http://www.Amazon.com> and <http://www.HolisticHarmony.com>. This book and other writings can be viewed at <http://www.HolisticHarmony.com> where you can also download FREE articles and e-books.)

Robert Elias Najemy is the author of over 600 articles, 400 lecture cassettes on Human Harmony and 20 books, which have sold over 100,000 copies. He is the Founder and director of the Center for Harmonious Living in Greece with 3700 members. His book The Psychology of Happiness; ISBN 0-9710116-0-5 is available at www.amazon.com and <http://www.HolisticHarmony.com>. where you can view and download FREE articles and e-books.

Accepting Payments Online: An ECommerce Web Site Overview

By Bobette Kyle

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There are a seemingly infinite number of choices and configurations to accepting payments online. Choices range from almost total "do it yourself" programming to turnkey packages.

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You can accept online payments from an ECommerce Web site in two general ways:

- 1) Through your own online merchant account and/or
- 2) Through a third party online payment processor.

Accepting Payments Online through your own Internet Merchant Account

Accepting payments online via a merchant account puts you in control and limits your liability on outside payment acceptance services. This approach can also seem like a jigsaw puzzle. Besides an Internet merchant account, you will need shopping cart software, a store or site host, a processor, and a secure payment gateway.

You may fit these pieces together in several different ways. On one end of the spectrum, you can choose the provider for each piece individually. On the other end, you may choose a turnkey solution, where a single provider has completed the puzzle for you.

There is no single best solution. Your choice will depend on your particular needs and experience. Among other considerations, you should factor in your own comfort with the technologies, customer convenience, providers' service levels, available technical support, reliability, costs, and time commitment involved.

Fees

There are a myriad of potential costs and fees involved in accepting payments online, making it difficult to compare different options.

Potentially, you could be charged fees by each provider involved in helping you accept payments online – application fees, set-up fees, yearly memberships, monthly statement charges, monthly minimums, gateway access fees, statement fees, fixed transaction fees, variable transaction discount rates (processing fee for each transaction), and cancellation penalties are all common.

Often, it is easy to misinterpret the fees you will owe. Rarely are all costs revealed in one place. If you are reading about a merchant account, for example, the quoted costs may not include gateway access, hosting, and/or shopping cart. Because you may be comparing "apples to oranges", options that at first appear low-cost can – upon implementation – turn out to be pricey. Similarly, expensive-sounding solutions may actually be reasonably priced.

Accepting Payments Online through a Third Party Online Payment Processor

If you are not ready to set up your own online merchant account and/or you want to offer additional online payment options, you can turn to a variety of third party online payment processors.

Third party online payment processors provide a way to accept payments online without the extra cost and obligation of a merchant account. To compensate, transaction fees and/or discount rates are significantly higher than for merchant accounts.

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Each program is a little different and no single third party payment processor is right for all situations. Clickbank, for example, helps you sell digital products online. At last check, CCNow processes payment for tangible items only.

Deciding What's Best for You

Whether you accept payments online through an Internet merchant account, through a third party payment processor, or both, read all agreements carefully before committing. Do not hesitate to ask the providers questions if information is unclear or incomplete.

There is more information about accepting payments online – including explanations of merchant account fees, finding the right ecommerce providers, and third party payment processor overview – on the ecommerce information site Take-Payments- Online.com, <http://www.Take-Payments-Online.com> .

Put together the "puzzle pieces" for accepting payments online and your ecommerce Web sales will flourish!

Bobette Kyle is publisher of the ecommerce information site <http://www.Take-Payments-Online.com> . She is also proprietor of The [WebSiteMarketingPlan.com](http://www.WebSiteMarketingPlan.com) Network, subject-specific Web sites designed to help you find the right information for writing and implementing your marketing plan. Visit here: <http://www.WebSiteMarketingPlan.com> Copyright 2004 Bobette Kyle. All rights reserved.



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