



# DAVE ROSSI by WE CARE SPA

## PART I

*The secret of change is to focus all of your energy, not fighting the old, but building the new.*

- SOCRATES

### Who am I and how did I come to accept my life and my situation?

Why do you think it is so hard for us to let go and accept things? Especially when not accepting creates so much dysfunction? For example, not accepting does the following:

- It distorts reality.
- It prevents growth.
- It promotes the little voice in our head to get louder.
- It takes up a tremendous amount of energy. For many of us, coffee serves as the energy boost to get us through the day, or we end up complaining about being tired.
- It creates a situation where our focus and attention go towards an internal debate in our head discussing senselessly how we could have done things differently. (We do need to learn from mistakes, but that is different than ruminating.)
- It creates suffering. It creates bad chemicals in our body, leading to inflammation and stress. It suppresses our immune system, reduces our willpower, and causes us to overeat and mistreat others.
- It demotes our ability to follow Buddha's quote that either we control our mind, or it controls us.

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Why would we want all these bad things in our lives?

Maybe because we don't know any better?

Maybe because we are just flat out unable to accept?

Or maybe we do not know how to let things go?

From a biological standpoint, we create comfort when we blame. Blaming others, blaming "bad luck," blaming things like the economy, bad people, etc., also allows us to avoid the harsh spotlight of judgment upon ourselves that taps into our own vulnerabilities. If we cannot accept reality above our own level of judgment and vulnerability, then we will be destined to a life of distorting reality.