

Acknowledgement - tool for transformation

By Nisandeh Neta

One Monday afternoon, whilst receiving a massage, I was laying on my back, listening to my masseuse.

Acutely aware, despite her young age she stated:

"Maybe you should look at what you have instead of what you don't have yet."

I opened one eye, carefully, "what point am I missing here?"

She continued: "you live in this beautiful house, in a quiet part of a magnificent city.

You awake late and can spend precious time with your daughter.

At noon when you rise, there's a knock on the door, as the masseuse arrives to treat you to a spoiling massage.

You have a loving, empowering and freeing relationship.

You have sufficient money for what is important to you.

You have good friends for hanging out and mutual support.

Evenings and weekends you teach people how to fulfill their potential, and follow their dreams.

And you're still not satisfied?!"

That conversation transformed my reality in an instant.

It was true and I knew it.

The only thing that kept me away from boundless enthusiasm and feeling good about myself was that I was forgetting to acknowledge what I have created so far in my life.

Her words were the wake-up call that I required!

I'm teaching acknowledgement for many years now, and never fail each time to discover a deeper level of this powerful tool of transformation.

In this article I'll introduce a few practical ways to utilize acknowledgements in your relationships with yourself and others.

Acknowledgment propels progress

Children, friends, spouses, employees, colleagues and superiors - all need acknowledgement.

It is easy to continually correct those around us, giving them feedback:

"This should have been done differently!"

"That was a mistake!"

That process is ok! We all need feedback.

In an analogy of a car, feedback is the steering wheel.

You ensure that the person takes the right action, and corrects the one that is in error.

However, as a car cannot drive without fuel, a person cannot progress without acknowledgement.

Ensure that even the small and apparently mundane things that you usually take for granted, receive acknowledgement.

If you had a good sex last night, instead of asking, "was it good for you as it was good for me", how about showing appreciation by leaving a love note or a flower next to your lover's bed.

If your child sets the table or did his homework, acknowledging it will empower him do it again more willingly.

Discover your Yippee!

One powerful way to acknowledge the results in your life, is to really 'Yippee' them.

Something that can be learned from watching football players after they've scored a goal.

Each player has his own unique and creative way of Acknowledging himself and his team in front of the whole world.

Discover your own way!!

I once had a student in one of my courses who committed himself fully.

He was a young, very tall filmmaker, and used to jump high in the air and touch the ceiling while screaming 'Yippee'.

The energy surrounding him was infectious.

After four weeks of practicing his Yippee he received a large amount of money to create his first documentary, after being denied the same for three years.

A company I know use a big Tibetan gong to make sure the whole building knows when an order is coming in. It creates excitement and joy in all departments.

Find your own Yippee. It needs to feel good and exciting.

The more fun and energy you create for yourself and others, the stronger is its effect.

Acknowledge all results!!

As a child, you acknowledged everything you accomplished.

As you grow older and more sophisticated, you acknowledge only major accomplishments.

This analysis is a function of your conscious mind.

Your unconscious mind receives both minor and major accomplishments as the same when experienced at the same intensity of Yippee.

You create results all day long.

When consciously acknowledged, these results are available to impact your unconscious mind with the message, "I am a creator who manifests what I intend."

I know a girl who was born without her right hand.

She ties her shoes and spreads butter on her bread as efficiently as you and me.

However, trying in vain to do it myself, taught me a big lesson about how fortunate I am, and how I should acknowledge all the 'small' things in my life.

Acknowledging these 'small' and 'mundane' things makes them special, exciting and magical.

Do it for long enough and your life will become sparkled with grace and small miracles.

Constantly acknowledging all results is a strong, continuous message to your unconscious mind, which then supports you in creating major results more easily.

Just acknowledge fully any result you create (as well as others in your life), and watch your life transform.