

Citrine: Acceptance

by John and Micki Baumann

Citrine is a yellowish or golden variety of quartz, and like quartz, it forms six-sided transparent crystals. Natural citrine is mined primarily from large deposits in Brazil and Madagascar. The yellow color is the result of a small amount of iron contained in the crystal. Much commercial citrine is created by heating amethyst, another variety of quartz that also contains iron, to 900 degrees Fahrenheit. This restructures the iron more loosely in the crystal and changes the color from purple to the golden color of citrine. This kind of citrine has the same vibrational qualities as natural citrine, and works just as well in strengthening the Inner Being.



Citrine acts on the Inner Being to strengthen **Acceptance**. Acceptance is the ability to accept the way things are, rather than rejecting them because you are unable to accept them. This includes accepting what you find to be true and real in life, for example, being able to accept new answers to life's questions when those answers cross your path. It also includes being broad-minded enough to accept all people as having value, even though they may operate differently from you. And it also includes accepting what is right, in the sense of what is decent, ethical, or principled.



Acceptance consists of two parts: The first part is being able to accept someone or something that merits your acceptance. The second part is recognizing what is acceptable in life. It is knowing what is worthy of acceptance, both in yourself and in others, because not everything is acceptable. The things that are worthy of acceptance are those things that are ethical, or true, or fair to people. As you develop your ability to recognize when something is acceptable, you also increase your ability to accept, rather than reject, whatever is ethical, real, true and fair in life.

When you accept someone, it means you have faith in his ability to behave in a way you feel is acceptable. This means you have confidence that he will operate in a way that is ethical, true, and fair. And when you accept someone, you will invariably find that you also like him. You don't accept people you don't like. The surprise is that when you accept someone, it follows almost automatically that he also starts to like you better. This is because you make it easy for him to also accept and like you.

The opposite of acceptance is rejection. If you find it difficult to accept many of the things going on in your life, or in the lives of those you know, you are probably somewhat disapproving of people and situations, and you sometimes end up rejecting them. You tend to have difficulty knowing who and what to accept because you are not good at estimating what is ethical, or true, or fair in the people and situations you come across. You also have trouble accepting yourself in certain areas, and you tend to reject things about yourself because, at a deep level, you feel they are not acceptable.

Becoming More Accepting

One way to become better at knowing what to accept, is to expand your awareness of what tastes, habits and manners you find socially acceptable about people. In doing this, be broad-minded enough to first acknowledge someone's value as a Being, by giving him a chance to show you who he is. This means you don't snub him or dismiss him out of hand. After that you can feel free to evaluate in a direct way whether his behavior is acceptable to you. It is fair and reasonable for you to have preferences and to accept or reject certain types of behavior. If you can look closely at someone on an individual basis, without generalizing, and evaluate whether his habits and behavior are tasteful or repugnant to you, then it is fair for you to determine from that whether you want any social interaction with him.

Another key to knowing what to accept comes from developing your ability to read someone's intentions, his decency, principles, and ethics. You do this by learning to become a good judge of character. Since a person's ethics determines his potential for intentionally harming people, they also determine whether you are safe with him. You know that what is unethical is also unacceptable because of its potential for harming people.

In terms of accepting what is only possible, learn to be open-minded by being willing to speculate, ponder and theorize about possibilities. Be open to new ideas and concepts, no matter how strange they may sound to you at first. By accepting the possible truthfulness of new ideas, you become open to new attitudes, thought patterns and previously overlooked universal truths.

By strengthening acceptance, not only do you become better at accepting yourself and others, but you also become better at knowing what to accept and what to refuse to accept in life. To help with this, carry a small piece of citrine in your pocket or purse. As your level of acceptance increases, you will find not only that you like people more, but you will also find that you like yourself more.

