

26 APRIL 2015

"SPARE A LITTLE CHANGE?"

CHANGE. WHEN THINGS AROUND US, IN US, AND OUR CIRCUMSTANCES, RELATIONSHIPS AND AFFAIRS ARE NO LONGER WHAT THEY WERE, BUT HAVE CHANGED, GROWN, OR SOMEHOW BECOME DIFFERENT AND SELF ADJUSTMENT IS NOT A CHOICE AT ALL. WE CANNOT FIGHT OR FLIGHT WHEN REAL CHANGE COMES. HOWEVER, WE CAN ACCEPT, EMBRACE, AND STAY OPEN, OR RISK THE PAIN OF RESISTANCE. I BELIEVE THAT THINGS WE (I) SIMPLY RESIST - WILL PERSIST. THERE IS A MORE EXCELLENT WAY.

THOSE THINGS THAT ARE DIRECTLY RELEVANT TO THE CREATOR ARE A FOUNDATIONAL CONSTANT. SO IF WE PURPOSELY MAKE TIME DURING EACH DAY TO BE AWARE AND RECOGNIZE THE WONDERS OF OUR CREATOR, GRAND AND SIMPLE; THEN WE WOULD BETTER UNDERSTAND THAT "CHANGE" IS OUR CONSTANT, AND WE (I) MUST LEARN "HOW" TO CO-OPERATE WITH THE PROCESSES AND DETAILS INVOLVED IN BECOMING MORE LIKE OUR AUTHENTIC SELVES AND LESS ARTIFICIAL. SPENDING TIME ALONE; IN THE SILENCE, AND LISTENING TO THAT STILL SMALL VOICE WITHIN IS THE BEST HABIT TO FORM THAT WILL ALWAYS CAUSE US TO HEAR THE GUIDING VOICE OF WISDOMS. SURELY THERE IS A LIFE OF HEALTH, SAFETY, ABUNDANCE, AND PEACEFUL JOY THAT WE (I) INTEND FOR OUR SELVES. BEFORE WE CAN GET TO THAT VISION AND CUSTOM DESIGNED LIFE THAT WE DESERVE; THE "FOUNDATION" MUST BE SOLID, SURE, CONSTANT, AND FIRM. STRUCTURES CAN BE MODIFIED OFTEN. BUT OUR ROOTS NEED THE DEPENDABLE STABILITY.

2.

PERSONAL EXPERIENCE AT MY MOUNTAIN TOP OF 60 YEARS HAS TAUGHT ME THAT THE WORLD BREAKS EVERYONE, AND WHEN IT'S OVER, MANY OF US ARE MADE STRONG IN THE PLACES THAT WERE BROKEN. WE SPEND SO MUCH TIME CREATING OUR SURROUNDINGS THAT "WE OFTEN FORGET" TO RISE INTERNALLY TO THAT LEVEL. IMMEDIATELY FOLLOWING CHANGE WE USUALLY TURN TO SORTING AND ORGANIZING, AIMING AT BETTER PRIORITIES. HOWEVER, HERE AGAIN WE "MUST" REMEMBER TO CREATE PATTERNS THAT MOVE US TO SORTING THROUGH THE CORNERS OF OUR MINDS FOR ANY RESIDUE OF DOUBT, RESENTMENT, GUILT, SHAME, OR OTHER NEGATIVE (UNHEALTHY) FEELINGS—FEELINGS AND HANG-ON THOUGHTS THAT REPRESENT CHOOSING FEAR OVER LOVE. IN ORDER TO EXPERIENCE FULFILLMENT AND EXPRESS SINCERE JOY ON THIS PLANET OF OPPOSING EXTREMES, WE "MUST" MAKE AND CREATE CHOICES THAT MOVE US PROGRESSIVELY TOWARDS THE LIGHT OF LOVE. CHANGE IS THE PRIMARY VEHICLE FOR THIS PROCESS. BEING IN THE NOW. SILENT. STILL, AND CONSIDERING WHO I AM AND WHERE I AM, AND THE ACKNOWLEDGMENT THROUGH GRATITUDE OF JUST HOW FAR I (WE) HAVE COME,

WE HAVE A TENDENCY TO CONFUSE THE STABILITY OF OUR "MIND-SETS" WITH THE STABILITY OF THE WORLD SURROUNDING US. WE HOLD SOMETHING STILL WITH OUR HEADS, BELIEVING WE KNOW IT, BUT IT'S CHANGING REGARDLESS OF HOW WE PERCEIVE IT.

3.

IF WE CAN NOTICE THINGS CHANGING, WE WILL BE LESS GUTTED BY CHANGE. AND WHETHER OR NOT WE FEEL GUTTED BY THE CHANGE WON'T ALTER THE OUTCOME — IT'S STILL HAPPENING. STRESS IS A FUNCTION OF THE VIEWS WE TAKE OF EVENTS, NOT OF THE EVENTS THEMSELVES. WE MAY FIND OURSELVES REELING DURING A BIG CHANGE, GET OUR WORST- AND BEST- CASE SCENARIOS DOWN ON PAPER OR THROUGH YOUR THOUGHT PROCESS. DOING THIS HELPS TO SEE SITUATIONS MORE CLEARLY AND WE HAVE AN OPPORTUNITY TO DEVELOPE A PLAN AND CONSIDER PLANS OF PREVENTION. WE SHOULD PROBABLY DO "ALL" WE CAN TO PRESERVE "HOPE". WHAT DO I MEAN BY THAT THERE ARE A FEW COMMON HEALTHY BONDS THAT EXIST BETWEEN PEOPLE WHO EXERCISE HOPE AND FAITH; THEY BELIEVE THEIR FUTURE WILL BE BETTER THAN THEIR PRESENT; THEY BELIEVE THEY HAVE THE POWER TO DIRECT AND INFLUENCE HOW THEIR LIFE UNFOLDS; THEY RECOGNIZE THAT THERE ARE MANY PATHS TO THEIR GOALS; AND THEY KNOW OBSTACLES WILL COME BUT THEY (WE) BELIEVE IN OUR ABILITY TO OVERCOME THEM, NOT BE OVERWHELMED, AND CONTINUE FORWARD

MOST OF THE TIMES, FOR ME, COMING THROUGH AN UNEXPECTED CHANGE CAUSES SOMETHING OLD IN ME TO DIE, BUT ALSO SOMETHING NEW IS BORN. WITH THAT SAID — NO MATTER HOW GROWN-UP WE THINK WE ARE; WE MUST ALLOW OURSELVES TO BE A CHILD, A LITTLE EMOTIONAL, AND GET SOME SUPPORT ANY WAY WE CAN

4.

IT'S REALLY IMPORTANT THAT DURING "CHANGE" THAT WE BE GENTLE WITH OURSELVES AND DON'T MAKE PERMANANT DECISIONS DURING A TEMPORARY SITUATION. JUST WAIT, BE STILL. FOCUS ON THE ADJUSTMENTS THAT HAVE TO BE MADE AND MOST OF ALL BREATHE BEFORE, DURING, AND AFTER THE PROCESS. IT IS HUMAN NATURE (KIND OF LEARNED BEHAVIOR OVER THE YEARS) TO RESIST CHANGE AND RUN LIKE A TWO YEAR OLD OR MAYBE EVEN THROW A TANTRUM. THIS DOES NOT MAKE THINGS BETTER, IT'S JUST A SHORT RELEASE. WE WILL STILL NEED TO GET BACK TO THE GROWTH THAT CHANGE IS ALWAYS OFFERING, AND CALM DOWN ENOUGH TO PACE OURSELVES AND MAP OUT A DETAILED PLAN TO PROCEED FORWARD AND WITH INTENSION. YES, THERE HAS TO BE A WILLINGNESS ALREADY INSTALLED FOR "LET'S MAKE IT THROUGH TOUGH TIMES". CHANGE IS MOST DIFFICULT WHEN WE HAVE SPENT TOO MUCH TIME IN A "FALSE" COMFORT ZONE. THAT "P" WORD, PATIENCE, IS THE CAPACITY TO ACCEPT AND STAND FIRM, AND TOLERATE DIFFICULTY WITHOUT EXCESSIVE ANGER OR SORROW. NO MATTER WHAT WE FEEL, OR WHAT WE ARE GOING THROUGH, WE CAN NOT RUSH THE SUN RISE SO THE BEST THING THAT WE CAN DO IS REVISIT OUR UNDERSTANDING OF WHAT IT MEANS TO SURRENDER. IT'S NOT ABOUT GIVING UP, OR BOWING DOWN - IT IS ABOUT ACTING AND BEHAVING BASED ON KNOWLEDGE AND EXPERIENCE. ALWAYS THERE IS SOMETHING MORE POWERFUL THAN US INVOLVED - WE ARE THE DETAILS.

THE AFRICAN CLASSIC: X-RAY