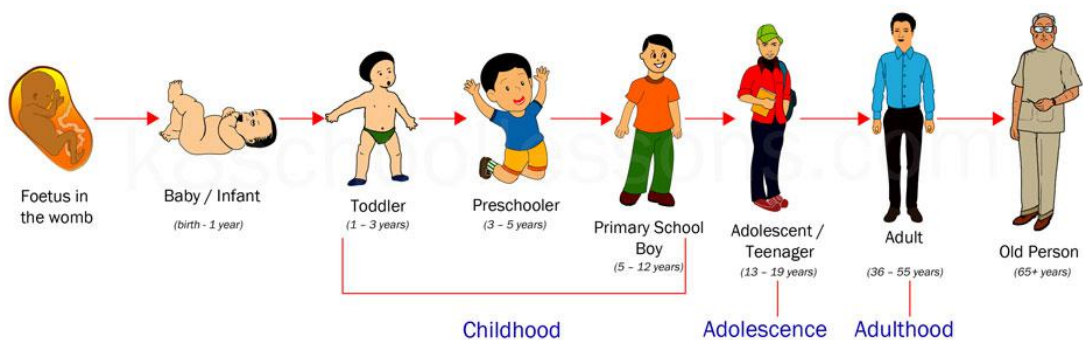


# CHANGE



It's not the "boogeyman"....or the dark....or snakes and spiders....or heights....or death that people **fear** the most. It's not diet....or weight....or finances....or sin....or relationships....or exercise....or giving....or schedule....that people **struggle** with the most. Throughout human history what people **struggle** with and **fear** the **most** is **CHANGE**.

At the root of most of our fears and struggles is our unwillingness to CHANGE. It's not just that people fear CHANGE; it's also that they genuinely believe (often on an unconscious level) that when you've been doing something a particular way for some time, it must be a good way to do things. Mankind likes routine. Our internal predispositions (heredity and genetics) teach us to resist CHANGE mainly to 'always feel in control'. But **CHANGE doesn't ask for our permission** to do its job....It happens with or without our consent.



From conception to death and beyond, CHANGE is one of the few things that remains **constant**. When we study **CHANGE** in detail, we can eventually understand its **cycle**.



Our natural world is constantly changing with the seasons and natural phenomenon that impact our planet consistently and long before humans inhabited the planet.

So if **CHANGE** is **constant and natural**, why do humans fear and struggle with CHANGE so much? Could fear and struggle be based on our **NOW CIRCUMSTANCE**?

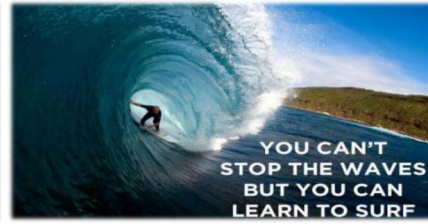


When our **NOW CIRCUMSTANCES** are **unpleasant or painful** to us, we want CHANGE to occur rapidly.



But when our **NOW CIRCUMSTANCES** are **pleasing or consistent** to us, we do not want CHANGE to occur. We want the current moments to last forever.

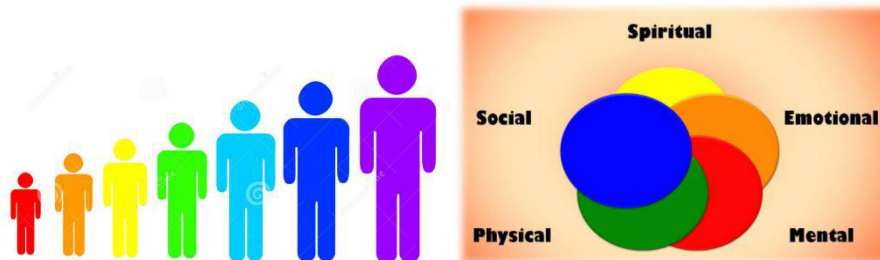
We don't know if CHANGE will be pleasant or unpleasant or how long it will last...and it is this **fear of the unknown** that we struggle with. If only we had many repetitions in the **NEW NOW**...if only we could see that everything would be safe and pleasing to us in the **NEW NOW**...if only we knew....



We don't know the future, and CHANGE is **not always better or beneficial** for us. But **CHANGE happens anyway** regardless of what we know and how we feel. So here are **7 Key Points** to help us surf the many waves of CHANGE that are destined in our lives:

**1. Without CHANGE we cannot grow.**

*We cannot become what we are to be by remaining what we are. One of Mankind's greatest gifts is our ability to adapt to CHANGES.*



**2. Resisting positive CHANGE leaves us in 'STUCK' mode which is more painful than the pain of CHANGE.**

*The answer to many of the issues that we face is just on the other side of the CHANGE that we need to make. Sadly many of us choose to stay 'STUCK' in pain.*



**3. The more time we reflect on the memory of our old state, the greater the struggle we have in our new state.**

*It is impossible to be in 2 places at the same time....so reflecting on the 'old' state when we are in the 'new' induces struggle. With Time and Repetition in the 'new' our previous state may become a distant memory.*



4. Even if we return to the old state, it will not be the exact same as before.

*Once I returned to my old elementary school classroom...it was much smaller than I remembered....I could no longer sit in any desk.*



5. When negative CHANGE occurs seek to know why; then seek positive CHANGE.

*Natural disasters, abuse, crime....can happen to all of us and cause severe loss and pain. It's natural to seek answers on how to prevent negative CHANGE...but no matter how difficult the pain or loss, we must move to another state.*



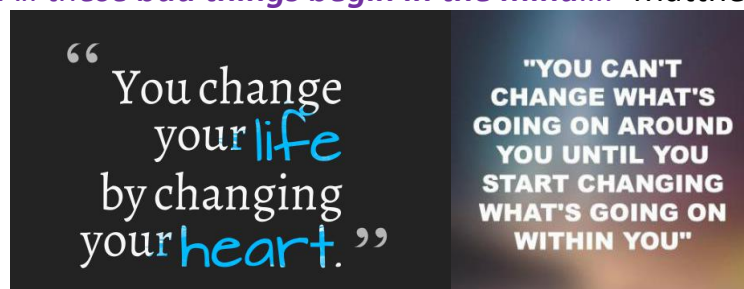
6. CHANGE is a process not an event.

*Even though external CHANGE can happen suddenly, internal CHANGE does not often happen quickly. We must **focus** on changing something(s) that we do **in our daily routine** if we want to progress in the CHANGE process.*



7. To CHANGE our actions and behavior, we must CHANGE our hearts and minds.

*Jesus once said: 'But the bad things people say with their mouth come from the way they think. And that's what can make people wrong. All these **bad things begin in the mind...**' Matthew 15:18,19*



If we want to address our fears and struggles, we must address our **willingness** to CHANGE. We must understand that much of CHANGE is constant, natural, and rarely initiated by ourselves. Regardless how the waves of CHANGE arrive in our lives, we can **adapt and surf the waves**. If we CHANGE the way we look at things, the things we look at CHANGE. And if we want our world to CHANGE, *we must **be the CHANGE** we wish to see in the world*. Always remember it only takes one person to CHANGE your life: **YOU**....and **YOU** must **start** your **CHANGE** from **within**. So don't fear or resist CHANGE; **Embrace It**. Benjamin Franklin once said "When you are finished changing, you are finished".

