

How to Let Change Happen - Dealing with Change
May 27, 2020
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Karen Kaiser Clark said, "Life is change. Growth is optional. Choose wisely."

Change is the only constant. Truthfully, we are changing every moment. Our bodies are constantly changing. The world around us is constantly changing. By learning to embrace change, we avoid the resistance of holding on and suffering because things are not what we wish them to be. Acknowledge change. Let it happen and unfold instead of approaching it from a place of denial and resistance. Not everything will turn out the way you wanted. Things will change whether you want them to or not, how you handle that makes all the difference.

Acknowledge that change is a process.

- Grieving. If we lose something, if we have a great change in our lives, there can be an ending, a grieving for what was. Allow yourself to process this experience, don't try to push it away. Allow yourself to feel the emotions and come to terms with what you've lost. Everybody handles this differently. There is no magic formula for getting through this.
- Transition. Now here comes the pause - the free floating of not having fully landed yet. Things are moving beyond your control. Acknowledge the feeling that you feel ungrounded. Your mind will want to take control and get things moving quickly but sometimes it just takes time. Be patient and compassionate with yourself!
- New Beginnings - the settling in. Maybe you have a little perspective now, able to look back and see the process.

Acceptance

When you accept, embrace and learn from change, you inevitably grow stronger. Even if you feel afraid. We all respond differently to change, some are more flexible. Some are angry, defeated, upset or disappointed as life unfolds differently than anticipated.

Acceptance is not about liking something or agreeing with something - it's simply about acknowledging what is happening, what is true in this moment. The more we can accept each moment as it is, the less we suffer. When we

are more accepting to our circumstances, there is an opportunity for growth, and then we have the possibility of seeing solutions more clearly.

Serenity Prayer

Grant me the serenity to accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

Meditation gives you the wisdom to know the difference, and to change the only thing you can which is yourself, releasing attachment to the things we cannot control. And the first step towards that is awareness. Awareness is the first step towards transforming into someone who can ride the wave rather than be its victim.

Meditation:

1. Settle into your body. See if you can be 10% more comfortable.
2. Connect to your breath, settling your attention on the place in your body your most easily experience the breath. Let it be natural and normal, no need to try and change it.
3. If your mind has wandered, come back to your breath. Meditation is the practice of a thousand returns. Just begin again without judgment. Bring your attention back to your breath without criticizing yourself or your wandering mind. Your mind is doing what it's supposed to do, which is think.
4. Some moments of your meditation will feel easy, focused, relaxed. It's easy to accept them without trying to change them. Other moments may feel unpleasant, you may feel restless, uncomfortable. See if you can hold these moments with the same exact quality of open curiosity as those moments that are more naturally easy. Just allow each moment to be as it is.
5. If any thoughts come into your mind, notice if you are wishing that something was different. You might wish your back wasn't hurting or that this meditation was over already! Just accept whatever comes up for you. Can you let these thoughts drift away as you come back to your breath? Each time your mind wanders and you come back to your breath, you have an opportunity to let go of the past and be present in this new present moment, without judgment and with curiosity and acceptance.