

EMBRACING CHANGE

The universal human yearning (is) for something permanent, enduring, without shadow of change. ~ Willa Cather



The specter of change builds dread in most of us. We fear the effects on our personal lives. We lack faith that the impending change will benefit us. Only time can assure us of that. And it will, just as every change we've survived up to now has done.

Changes are gifts, really. They come as hallmarks to our present attainments. They signify successful growth. And they announce our readiness for more growth. How we struggle to understand this, and how quickly we forget it once we have adapted to the change. The struggle is then repeated the next time change visits us.

We long for permanence, believing it guarantees security, not realizing the only real security available to us comes with our trust in God...

- Each Day a New Beginning

It's likely you've been affected in some way by the major changes that have taken place over the last year. Few of us have made it through unscathed. And it seems like everyone is trying to hold on for dear life, doesn't it? Unfortunately, that seems to be one of the real problems...trying to hold on to something that's crumbling around us. The harder we try, the more frustrated and fearful we get. And, of course, we aren't the only ones doing this, so we're surrounded by others' fearful energy, too.

We have to know that things aren't going to be going back to the "the way they were," so we might as well prepare for the tumult that's happening until things finally do settle again - in their new way. What do we do? How are we to ride the waves of change? If you've ever practiced an activity that requires balance, you know you need to work your core to maintain that balance. At first you might flail around a bit, but once you've found your core balance, everything begins to come together. Now's the time we really need to be finding our core so we can ride the waves. I think of a surfer who needs to have his or her balance set, yet still be agile enough to move around on the board in order to best navigate those waves.

In life, what can you count on as your core? What are the things that you can hold firmly to? For many people some of these "basics" are faith, family, and friends. And each of us has our own personal core pieces. Once you know what your "core" consists of, you can work on improving your core strength. What are some ways you can firm up your own core to ride the wild waves of our current world?

Set aside some time today to remember the unique aspects of your core. Discover ways that work for you that will help give you the strength you need to navigate the current world situations without becoming a victim to fear, doom and gloom.

What's that you say? I love to hear from you, and I read every email personally, even when I can't reply to all of them. Send your thoughts to shawn@vibrantlyalivewomen.com or visit my blog:

www.vibrantlylivewomen.com to add your comments! And if you prefer not to be quoted in a future article, just let me know.

Please feel free to pass it on or to reprint this article on your Web site or in your own e-zine. All I ask is that you forward the newsletter in its entirety and/or that you include the following paragraph and copyright line with live link if you reprint the article.

This article originally appeared in the Joyous Life e-zine and is reprinted with permission from the author. Shawn Murphey is owner of [Joyous LifeWorks](#) and [Vibrantly Alive Women](#).

For more information, visit [Joyous LifeWorks](#).

Copyright © 2009, Shawn Murphey. All rights reserved.