

# Pondering Point

**Change.** It happens when the sun rises and blankets us in light. It's the colors in trees that tell us what time of year it is and perhaps more obviously, it is the hands moving on our clocks adding, sometimes, an unwelcomed urgency. In a world that is evolving, humans are creatures of habit that find safety in the ability to control chaos. This can make change uncomfortable. Whether it's something big, small, positive, negative, planned or unplanned – we find ourselves filled with anxiety and dread when we are faced with change.

Adapting to change can be easier when we enlist the help of others. Using the support system of our family and friends is like asking for a life raft. **Fighting change is painful because change will always win.** The key to braving the surf is keeping an optimistic attitude. We can let the feelings flow through us without allowing them to drag us into the wake. If we can step back and see the possibilities in every new situation, we learn to ride the wave. Life happens when we live our lives and go through changes. This evolution creates wisdom by putting experiences behind us, and may help us realize an even deeper purpose.

## Keep the CHANGE.

*Can you GO with the Flow?*



**Imagine... going with the flow and allowing the energy of change to carry you to unexpected destinations.**

### — From Pondering to Practice —

#### **Activity**

Recognizing how we have changed over the years helps us to accept the changes that we have yet to experience.

Try This –

- Ask each participant to bring in an old photo of themselves.
- Have everyone make a list of how they have changed since the photo was taken.
  - What life changing events occurred to bring you to where you are today?
  - Were those changes planned?
  - Have you changed for the better or not?
  - What changes do you think will continue to occur within the next 10 years?
- Ask each member to share his or her photo with the group and talk about how they have changed.

**"Change is not made without inconvenience, even from worse to better."**

- Richard Hooker

**"There is nothing permanent except change."**

- Unknown

#### **Self Reflection**

- Think of a change that you thought was terrible at the time.
- Were you able to turn that trauma into a positive experience?
  - What helped you get through it?
  - Were there people there helping you?
  - What lessons did you learn and what wisdom was gained?
  - How has your life changed for the better?