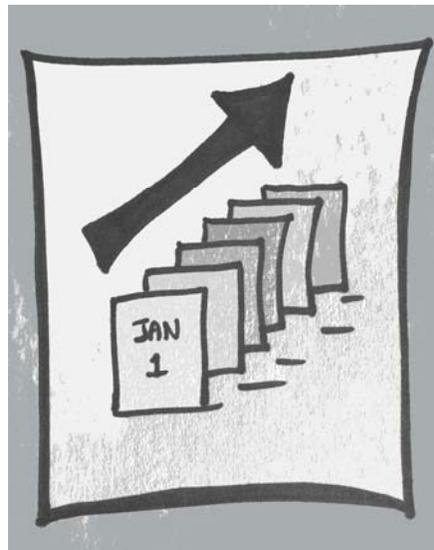


STEP TEN



CHANGE IS DIFFICULT

BETTER

CHANGE IS DIFFICULT

The potentials being formed right now are beyond anything you have ever hoped or dreamt up. They really are the stuff of fiction. There are times when you glimpse these possible realities. You see movies, read some books, get a new tech toy, have these ah-ha Stranger in Tiny Town moments, but then you go back to life as usual. There is laundry to do, kids to take to school, jobs to go to, and life goes on. Nothing appears to change.

But, these things are possible! There is nothing that is dreamt up that is not possible! It is just another potential. It is something that you really have to suspend belief to see, to imagine, and to experience. It is not life as you know it. It is life as you choose it to be.

But this begs the question, then why aren't we living it? Why are we so limited in our lives? If we are choosing this potential and creating our own reality, why wouldn't we be living these amazing life dreams? Or are we creating all of it, even the limits?

Many say, "I did not choose to lose my job, my spouse, my house. She did not choose to die, to live, to be where she was raised."

Or did she? Potentials. Every single moment of every single day equals potentials like pages in a book. You choose to turn left instead of right. By doing so, you create a whole new set of potentials, a whole new plot twist for your life. We set upon paths in life by simply choosing left or right as does everyone around us. There are so many potentials happening within existence, within life, that to map out cause and effect for each one would be maddening!

We choose every day what to wear, eat, walk, drive, be, who to talk to, live with, and love. We choose. Cause and effect. The hardest part of all is we do not know the consequences of our choices! We have no idea if eating healthy will lead to a long life, or if this job will be our lifelong career and everything we had hoped for. We have to simply choose with the information we have at hand and hope for the best. This takes courage beyond simply living and acting as if we don't have choices at all, because we do!

Walking the Possibility Path means letting go of the fear of controlling those potentials and needing to know and instead simply being wide awake to the fact that there are choices!

There are so many that you cannot be connected to each and every outcome of those choices. Like a freeway, we drive along our life, full speed ahead. Sometimes we get stuck in traffic and feel stuck. Sometimes we feel we must go the same way as others. Sometimes we feel pushed along the way in the speed and direction others or circumstances want us to go. But, Living in Possibility means having the freedom to see the exits to get off the freeway. You are never stuck anywhere because you know you have choices.

CHOICES = FREEDOM

Most people don't even know there are choices. They feel stuck. They feel tight and limited. They get anxious, angry, uptight, depressed, addicted, or neurotic. They don't see that there are a million potentials existing right now within their one little corner of the world. They don't see that they could at anytime choose a different potential and create a different life for themselves. They sit in Tiny Town and fear the world outside. They complain and strain but resist doing changes as small as a different hair cut, or eating new food, or taking a new way to work.

People are pretty predictable. They don't like change. You don't like change! As much as you say you want it, need it, and are ready for it, it invokes the flight or flee response. It raises stress hormones. It is a resistant nature that is by all means a very natural process. It is why most stay in their Tiny Towns and never leave.

People are pretty routine. Each day they tend to do the same thing, wear the same things, see the same people, and think the same thoughts. Even if they have a minor awakening or insight, they tuck it away and continue on. Once we are on one path, job, family, marriage, etc. it is very difficult to change that path. There is nothing wrong with this. It takes a lot of energy. It takes a lot of brain power. It takes courage to leave a job that pays you money to move to an imaginary job that may not. It is scary to move into the unfamiliar. It can trigger anxiety and panic feeling. It does not feel normal to change.

WE RESIST CHANGE

It usually takes a crisis, an excuse, for most people to make any major changes in their lives. Even the youngest have difficulty going against whatever path their parents, family, and lives have set them upon. Our Tiny Little House walls are strong. It takes a lot to move out of familiar! But everyone has their moment of change. Whether it is a spouse cheating on you, a boss yelling at you, or a friend talking behind your back, everyone has their own last straws. It is different for everyone.

Sometimes there is no choice. A fire destroys your home. Your spouse dies. You get fired or laid off. Your parents divorce. Your life changes by no fault of your own. Either way, the consequence is the same. There comes a crossroads. And even then we have to choose to change.

Consciously choosing change is ground breakingly radical to humans! It goes against everything that our animalistic nature calls safe. Familiar is safe. If one has never chosen change it can feel weird. It can feel wrong. We may have to grieve the loss of all our other choices, We may have to Clean up our DVR of those possibilities we never get to live. If we go left we cannot go right. It can be overwhelming the thought of all the emotions, newness, and possibilities that come with change!

Those that choose change more often are more comfortable with it. But even then there is usually a catalyst, a reason to change. What makes a breaking point to choose to shake up one's life is different for everyone. Life is all about growth. It is part of the natural process. But it is usually about slow, steady, miniscule growth. Can you imagine if a tree went from a seed to full grown in three seconds? No one would be able to handle that much changing scenery that quickly. And so it is with humans. Radical drastic changes are almost impossible for the five sensory brain, mind, and body to handle. We stay in the Tiny Town we are surrounded by and live with it.

Your I the Observer can handle change. It loves the possible! It loves talking about potentials. It is free from 3D reality. It can dream up whatever it likes! It does not have to deal with the physical consequences of change. It does not have to deal with the pain of loss. It does not have to spend the mental energy to figure out what to eat, wear, live, work, and do, to survive each day. It does not feel pain. It does not feel fear. That is the physical body's job. The physical body's job of dealing with change can be intense as any human knows. Growing pains anyone? There is a reason they call Menopause "The Change." Even natural slow processes of change can be a lot. Our bodies are not created to handle it, much less a radical change!

Sudden changes, like losses of homes one has lived in for 20 years, or loved ones unexpectedly dying, or jobs loved dearly lost, can physically kill a person. It can be too much for a person to handle. The brain cannot process it. The body stays in a state of fight or flee, keeping the adrenaline stress hormone on constant overload. It can cause nightmares, panic attacks, depression, grief, and even physical heart and organ issues. It is psychologically challenging to be able to handle processing that much different information. Even if the new reality is a better one, if it is different, it can feel wrong and dangerous for a long time to come.

Like a child without their security blanket, losing the things or people in our lives who have been there for a long time is horrifyingly painful. The continued sameness of familiarity creates a feeling of safety simply because it is easier to keep the body fed, clothed, sheltered, loved, and seemingly safe in a place that is familiar. Losing what is familiar takes away that sense of safety that we thought was there. That is why most people live in Tiny Town and never leave. Have compassion for those who cannot handle change or act out when it occurs. Change is difficult, no matter who you are.

CHANGE IS DIFFICULT

Those that are willing to grow, to change, see the new potentials, and move into them come out a much richer person. Those that cannot Press Play and deal with the loss get stuck in longing on rewind. Those whose psyche cannot handle it often times never recover.

Do not be too hard on yourself if you are not ready for big change or cannot seem to move over the hump to gain the realities you seek. Do not beat up on yourself for not being able to suddenly wake up in the life you imagine instantly! Do not buy the hype. Do not think it is easy. It is very difficult to manifest change. It is a long process and one that you, by reading these words, have already begun.

So the question is then, why do we change? If it is so painful, if it is so hard to do, and we end up alone as our own Tribe of One away from society and all we have known, why once we have set up a nice, steady tribe, a safe enough group, a good enough job, why do we want change at all?

There is an innate burning desire to grow, to learn, to seek new, and become more within the human psyche. It is as equally motivating as the instinct of safety. It is the reason immigrants leave all things familiar and move to new countries so their children can have a better life. It is why we spend years getting degrees so we can have better jobs. It is why we put up with jobs we don't like so we can have a better house or a better spouse. It is why we ask questions in religion and in spirituality. It is why we create, innovate, and want change in the world.

It starts with asking a simple question each day: "How do I make my life tomorrow better than today?"

Sometimes we ask, "How do I make other people's lives better?" But better is always the theme. How do I make what is now better than it was then? How do I make tomorrow better than today?

HOW DO I MAKE TOMORROW BETTER THAN TODAY?

Ironically this applies no matter where one is in life. The idea of retirement where one can just coast through the rest of your life was based years ago when people lived much shorter lives. They had maybe five, ten years at most of retirement time. Even then they spent their retirement years doing what they had always wanted to do: enjoying their lives and making it better. It has been and will in one way shape or form be the theme for humanity. Why? Because you chose it. It is the carrot at the end of the stick, the reward to get you to run the race. Otherwise what would be the point? If today is as best as it will ever be, then why continue? Hope for better is the motivation to carry on.

Now, some will say letting go of desire is the way to happiness, contentment, and being satisfied with all that is, with what you have. And to a certain degree, that is true. Enjoying every moment of every day does bring a richness to life. But then what? If you reached pure satisfaction in all areas of your life simply by not needing satisfaction, then what else is there? Aren't you done with the game?

Many will say that's the point of the game of life, getting to that point, that moment of satisfaction where it is all good and it is as best as it will ever be. Heaven is such a concept, nirvana, total state of bliss. It's all good, all the time. Same channel, same station, 24/7. Great! But isn't that a little boring?

Life is full of variety. The world was born from a sea of possibles and continues to offer more possibilities. The challenge to be better, to make different choices, to dream different dreams, to have a choice to do it differently or more than your ancestors did, that is growth! Change is a wonderful opportunity for growth!

GROWTH IS A NATURAL INSTINCT

Look around at this world you have chosen to be in. What do you see? Does the tree reach a good four feet tall, breathe a sigh of relief, and then stop growing and just sit there infinitum. No! It grows leaves, drops leaves, dies, and grows again. It changes in such a natural way that it is barely noticed by you.

Does a Cardinal bird lay a few eggs, watch the babies hatch and say, "Ah, good work." Then sit back and not do much of anything the rest of their lives? No! They kick the babies out and go make more babies! There is a progression to life, a natural progression.

Oh, you would counter, but enlightenment is the culmination of years of progress by humans to not be like nature, to evolve beyond instinct and perpetual growth. Really? That's the point?

Try it. Try to be still. Try to not grow, not evolve, not change. Try to sit and just be. How long did you last? Hours? Minutes? Days? Then what happens? You get hungry, get tired, have to go to the bathroom, get bored? Your body dies if you sit still too long. It is the new smoking they say. The urge to action, to function, to live, is built within the human body. To sit and do nothing can help calm the soul in small doses, in moments of time. But to do it forever? One will die. The body has to have movement, the brain stimulation, the soul exploration! It is life! Life needs movement. Life needs change!

Those who are constantly on the move bombarded by the busy-ness of life are now saying, "But I just want to sit still!"

So? Sit still.

Life is a balance. Sleep is for survival so one will stay still and recuperate for hours in the day. But, at the end of it all, life is movement in all shapes and sizes. Slow, fast, medium paced movement. And changes and choices are simply a part of that movement, a part of that dance.

The reason you ask, wonder, seek, and probably even why you are reading this book is the question: How do I make today Better than yesterday? Better is our motivational tool to keep us seeking, wandering, learning, growing, and changing.

Living in the awe of it all as we grow, as we change, as we live, is living in true Possibility Living. We would love to sit still and just exist. That would be awesome! But there is something within the human spirit that needs change. It needs growth. It craves new! It is within each one of us, like it or not. Change is difficult, but it is necessary. It can also be fun if we let it. It is up to us to choose how we see it, react, and interact with the changes in our worlds.

So now we know we need change, great. So why is it so hard, and how can we make it easier? That is what is next. It is time to climb your Possibility Path Mountain.

You ready? Let's go!

