



## **Change – aka: Growing Pains**

A few weeks ago my brain decided to shut down. Not literally, of course; I didn't go into a coma or anything like that. My creative brain didn't want to co-operate with my logical "let's plan this out and put it down on paper" brain. And so I sat. I kept coming up empty on ideas, not even a spark to ignite the creative writer residing within me.

I read my idea list. Nothing appealed to me. I meditated. I asked my guide(s). I asked my muse(s). Not a speck of information forthcoming. I was just about to sit down and force myself not to get up until I had written something down on paper when I remembered a "Prime Directive" for the month of February for my Personal Year Number (courtesy of Krystene's monthly to-do and to-don't lists). "Don't push anything in a forceful or willful manner." I stopped myself.

It was then that I remembered that I hadn't yet asked my oracle how to proceed. When I saw the cards in front of me I burst out laughing. I was told to "Deal with it!" "Don't get emotional." and "Give things time to grow."!! Myself and everyone else had been telling me to take a break and don't sweat it. So what did I do? I packed my bag and went on vacation.

Oh, I packed my pad and pencils, but other than adding some things to my idea list, I did not write. I gave myself permission to have fun instead. This experience reminded me that although we make plans and goals we have to stay flexible. I was in need of play and despite my "full steam ahead" attitude, everyone around me planned that I stop work and have that fun, even if I was hesitant. It was time.

Being flexible to adapt and make changes is beneficial in all our lives. Why? Because one thing we can be sure of is that things change in ourselves, in our surroundings and in the natural world all the time. If we don't want to stagnate we need to make adjustments and changes. We need to follow the flow of our personal power.

We make small adjustments all the time in our lives (like going on vacation) and don't give it a second thought. So what is wrong with taking a detour and making changes in your major plans/goals or timetables? If everything changes why should we lock ourselves into plans and goals that no longer fit with our present selves? Why should we deny ourselves the important changes that would make us happier and lead us closer to our harmonious dreams? Why? Because of that four letter word- FEAR. Four letters that is able to stop a person dead in their tracks if given into.

Fear of more work; fear of learning a new skill; fear of making less money; fear of making more money; fear of the result being shunned, rejected, or laughed at; fear of losing relationships; fear of the risk, the danger, the uncertainty; fear of the unknown. This list can go on forever.

It all boils down to this: Fear of making our self vulnerable and exposing our true self.

On vacation I had the pleasure (and good fortune) to ride a bus whose bus driver pointed out firsthand the great advantage of making big changes in your life to reflect your true self. He entertained us with his form of stand-up (sit-down?) and created a community of fellow passengers. We laughed and sang together and learned a bit about Mr. Bus Driver's life. We found out through his comedic look on life he had been a Chicago homicide detective (a stressful life; hated the cold). We discovered he was divorced during his joking session with an anniversary couple. When he retired he wanted to live a life that was more "in tune" (his phrase, not mine) with his plan of living- so- he headed South. Needing to supplement his income he got a job as a bus driver (the afternoon shift so he could play golf in the mornings). This new life was rounded out by a love of country music and being a DJ on weekends for an internet Country Radio station. He now lives a life that he never envisioned as a younger man. He made changes and adjustments to his plans and goals as he changed. Were there periods of vulnerability? What do you think?

Was he completely secure in himself with each change? (Insecurity, fear) Did he think it would always work out? (Fear of the outcome, the unknown) He admitted no, with each step he was never really sure, but unless he tried, how would he know? If it didn't work out he would just think of something else. (Changing the goal.)

The next time you want to make a change, big or small, and feel that four letter word creeping in, think what wonders await you if you summon the courage and try: you just might succeed!

*With Gratitude.*

*Kai*