

The One Constant in the Universe... Change

Everyone would agree that our world is moving through some major changes; that we are on the edge of a huge shift in consciousness. Since this affects us all, we should all develop an understanding of the dynamics of change, and how we respond to them. In our last Enlightened Leaders Webinar, facilitated by Judith Lukomski, *Charting Change*, Judith said that we can see these changes as huge challenges that have to be fought and overcome, or we can see them as an enormous opportunity to be embraced, knowing they will lead to a greater good. Judith offered us some concrete ways to choose otherwise.

- First, develop an awareness of how you deal with change. It could have a huge impact on your life and determine whether you are just dealing with life or enjoying it. Ask yourself:
 - Do I embrace change or resist it?
 - Do I initiate it or respond to it?
 - Am I a planner or peacemaker?
 - Do I seek to understand the themes inherent in the changes I experience?
 - What are my core beliefs about the process of change?
- There is a change curve. The more time and commitment you put into developing a plan for change and how to deal with it, the faster your growth and the quicker you arrive at your goal. And as you develop understanding in the nature of the change, you begin to make better choices.
- Judith insists that we create a date with the Divine every day. As we consciously invite the Divine into every decision, it expands possibilities and helps us to become more conscious of our actions and relationships. Judith offers the following process and comments to help:
 - Intuitive Process Review—Connect, listen, receive, record, and take action.
 - The heart knows. Developing the heart and mind connections empowers all we do.
 - Stay centered and prayed up, to sense the intuitive nature and develop trust in Spirit.
 - Seek to hold the best and highest outcome for all, helping us to see a situation differently.
 - The hardest part of change is acceptance. Develop the habit of breathing in deeply, allowing Spirit to move in you.
 - Everyone is touched by change. We must be willing to shake things up, look at what we would like to see, and realize the good and different ways of doing and being.
- Develop a change friendly environment. Accept that what you are used to is no longer going to be available and have the willingness to move with the changes. Learn to live and be in the moment. Understand that it's OK if some of the ideas that come forth do not work perfectly.

In initiating change, we need to be open and willing, because everything we know is going to change. Envision the changes you would like to see and what they might look like. Then invite others into the process. As the community visions together, the outcome will be much greater than any one person could ever conceive of on their own. (This issue provided by Patrick McAndrew.)