

How Are You Handling Change? A Pathway to Peace

We have talked a lot about change in this eletter. Neale Donald Walsh, in *When Everything Changes, Change Everything: In a Time of Turmoil, A Pathway to Peace* says that the changes in our lives are not going to stop. What we need to change is how we look at, stand in, and deal with change. What is different now is the amount of time that it takes for us to notice the changes that are always occurring.

- In our grandparents' lifetime, something significant changed about every thirty or forty years. A new piece of information was unveiled that seriously confronted the current notion of the world.
- In our parent's lifetime, that window of change dropped to only fifteen or twenty years.
- In our life span, that window has been reduced to just five to eight years.
- For our children, it will drop to something like two years.

Neale suggests and offers specific instructions on how to use mental and spiritual tools to change the way change changes you. What his "nine changes" empower us to do is not to stop change, but to make a quantum leap in our approach to change, in our ways of dealing with it, and in our ways of creating it. They are:

- Change your decision to "go it alone"
- Change your choice of emotions
- Change your choice of thoughts
- Change your choice of truths
- Change your idea about change itself
- Change you idea about why change occurs
- Change your idea about future change
- Change your idea about life
- Change your identity

For more information, see www.ChangingChange.net. This issue was submitted by Aliza Bloom, senior minister of Unity Center in Austin, Texas, and participant in the Enlightened Leaders program. For more info on this program, see the attachment.