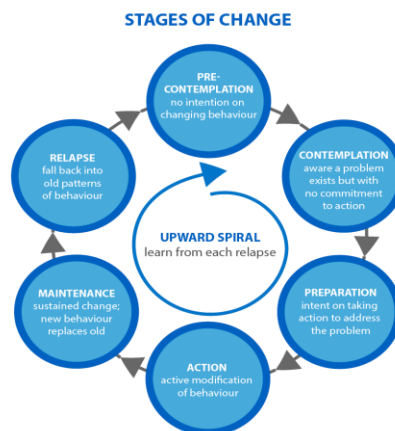


## Courage to Change

One thing is certain; life is constantly changing. But when change takes surprising turns, we can be left feeling anxious, disappointed or angry as certainty, hopes and expectations are dashed aside. One moment we're comfortably flowing with the stream of change and the next we're being carried through uncharted waters at startling speeds. Mentally trying to cling on to what is known, we seek comfort in information based technology, which temporarily provides us with a sense of security, even though it's probably based on another person's view of the world.

Our mind isn't necessarily equipped to follow the pace of change that's taking place in the world today which isn't just about individuals; we're facing an extraordinary paradigm shift, the like of which we've never faced before. To surf the waves of change, we must go within, listen to our heart or intuition, stay rooted in the Earth and find appreciation in the present. At the same time, as we release our hold on the beliefs and perceptions which have previously kept us safe, we come to trust mystery as it unfolds, allowing our inner knowing to guide us. In this way, we'll start to celebrate the change which will eventually benefit humanity's evolution for many generations to come.

### Prochaska & DiClemente



### How to Assist Change as therapist

1. **Pre-contemplation:** raise awareness
2. **Contemplation:** help to choose change
3. **Preparation:** identify strategies

4. **Action:** help implement strategies to avoid relapse
5. **Maintenance:** help develop new skills
6. **Relapse:** cope with consequences & celebrate change

### What do you want to change?

- a) What do you practically need to bring about change?
- b) How will you know you've achieved the change?
- c) How will you celebrate change?
- d) How do you already know you can/ will sabotage change?

### Why do we resist change?

- ❖ WHAT IF I FAIL ?
- ❖ WHAT IF I SUCCEED ?!
- ❖ FEAR OF THE UNKNOWN
- ❖ BEING OUT OF CONTROL, INSECURE
- ❖ WHAT IF I'M REJECTED, ALONE, ISOLATED?
- ❖ WHAT IF I HURT THOSE I LOVE ?

### Masculine Chakras: Build our Identity, Reality & Security (Maslow's Hierarchy)

- 1) **Base:** will I belong, will I be secure?
- 2) **Solar Plexus:** will people still like me, will I be validated?
- 3) **Throat:** can the result be guaranteed, can I control the outcome?

Change requires courage to let go of the known and enter the unknown.

### Soul Centered Change

- 1) Soul wants us to achieve wholeness
- 2) Sometimes only crisis such as loss of job, home or illness will loosen our grip on a reality which isn't working for us.

### **Signs that something needs to change**

- ❖ EARLY: resentment, irritability dissatisfaction, criticism
- ❖ LATER: lack of enthusiasm, withdrawal, boredom, cynicism, addiction
- ❖ FINAL: depression, burn out, chronic fatigue syndrome, fibromyalgia, serious illness, dark night of soul

### **Ask these questions:**

- ❖ Does this relationship/ job/ attitude nurture my soul?
- ❖ Am I acting from love or fear?
- ❖ If I knew I would be loved whatever I did, what would I change?
- ❖ Is this the most effective use of my energy?
- ❖ Even if I am good in this role, can I learn anything else from this experience?
- ❖ Is my soul growing from this experience/ way of being?

### **How to surf the waves of change: enter the feminine chakras**

- 1) **Heart:** listen to and follow through on Intuitive insights
- 2) **Sacral:** trust feelings and share them with trustworthy individuals
- 3) **Crown:** meditate & connect to spirit
- 4) **Root:** root into Mother Earth & her creative energy

Become the Change: feel as if it has already happened... or just wait for the next crisis!

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### **Relevant books & audiobooks**

Beyond the Obvious: publisher Random house UK

978-0-85207-322-3

Spiritual Alchemy: publisher Random House UK

978-0-85207-322-3