



Embracing Change.....

and bouncing out the other side

Change is the only constant thing in life.

Everything is always in a flow of constant change. Whether we fight it or welcome it, we are constantly changing in each moment through our experiences.

Change is always easier when we consciously choose it, however many changes that we experience seem to be thrown upon us, usually just when we are feeling at our most comfortable and secure. Change usually indicates that on some level we are ready for something new, even though it may not feel that way. Whether the changes seem positive or negative, they always assist us in re-evaluating things, re-prioritising and having a new perspective.

Change offers us transformation and growth.

Change always places us out of our comfort zone so that we can develop, this cycle is essential for our learning and growth, as we reach a new level of comfortable and then that is challenged again. Sometimes we ignore inner messages to move on because of fear, fear of the unknown, failure or rejection. Listening to those fears can cause us to become stuck in situations that limit us and leave us feeling less than happy and fulfilled.

Have you ever faced one of those dilemma's, where your whole being feels unhappy in a situation, yet your mind tells you a million reasons why you shouldn't consider change? Such as you're too old, too young, not good enough or it's not worth the risk.

Fear of the unknown.

So why is change so scary? The simple biggest reason that most people don't enjoy change is fear, especially FEAR OF THE UNKNOWN. Humans are creatures of habit and would usually rather stay in negative situations than make changes, because it seems safer or easier to stay. But, this is often at the cost of our own happiness. Whether it is a job, relationship or place that niggling feeling of unhappiness or dissatisfaction is a clear message that change is needed and that feeling will usually stay until we listen.

The only true security lies in embracing uncertainty.

We have been programmed that job, home and money are security, but with these being jeopardised or lost by many in recent years it has become more apparent that these aren't always real security, they can come and go. Real security comes from within and this can be developed by being kinder to ourselves through transitions and as we develop more supportive and encouraging relationship with ourselves, we can then allow ourselves to step into the unknown feeling calmer and safer, no matter where it leads.

If you look at your life, most of us have experienced changes that might have been challenging at the time, but without them we not have grown or found our inner strengths.

By Pippa King

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