

## Lesson 100: The Miracle of Change

Change is not generally a condition or a state of mind people readily embrace. Change is threatening, as the very nature of change signifies the act of changing from a state or condition of what is to what is not, whether by force of external influence or by personal intention. Change is an act of shifting from a state of what is known to a state of what is unknown and therefore, is uncertain. Thus, the act of shifting from the safety of one's comfort zone to a zone not yet experienced can be downright scary until what is being changed becomes known and familiar. In the course of life, change comes by way of many influences, both external and internal, one no less frightening than the other. In fact, external changes, while they may imply moving from a place of comfort and familiarity to a place of discomfort and unfamiliarity, it is the act of internal change that most often is far more threatening, given that internal change requires a great deal of mental effort. Such changes are more difficult because they tend to challenge well-established thought patterns and set beliefs. For some people, being asked or challenged to change the perspectives of their equally set perceptions is not only daring to tread into unwelcomed territory, but often amounts to simply barking up the wrong tree. Thus, changing thought patterns, beliefs and perceptions is no less a threat to change set expectations, whether realistic or not. Such changes can turn the habit of familiarity upside down and inside out, even if it is undesirable or lends itself to strife and difficulties and is having an adverse effect on the nature of one's personal reality. Needless to say, the focus of the discussion in this 100<sup>th</sup> lesson, which in of itself marks a significant milestone, is to shed light on the miracle of change because when change is allowed to take place it too becomes a significant milestone.

Change implies many things to many people. Nothing about change is cut and dry. There are no absolutes and as such, change is often dreaded. There are no direct paths and no roadmaps. As there is no mental GPS that can guarantee a course of direction when it comes to the diversity and the perceived implications of change, one can feel as though one has been sent out to sea or has embarked on an unknown path without the assistance of a charted course or at least a compass. Even the act of change, whether willingly or by external means sometimes brings with it a host of other changes not necessarily anticipated, some good and some not so good – some desired and some not so desired. Nothing is as certain as change, but in the very act of change, can come the miracle of change. How this is so is the essence of this discussion, which will be examined from the bottom up and ascend in stages much like climbing a steep set of stairs.

At the very bottom of the steps lies the undetected or detected knee-jerk mental and emotional resistance to change, which is usually associated with a fear of the unknown and the fear of uncertainty. It is undetected in the sense that you can unknowingly react to change from fear or it is detected because you already know how you really feel about

making changes and to you change represents much more than a conscious fear, it brings to the surface issues with trust. When trust has already been violated, trusting anyone or anything is paramount when it comes to the ability to embrace change. Although there are people who actually embrace change and even encourage changes in their personal, professional, vocational or relational reality because they are non-resistant to change and are unafraid to climb those steep stairs, there are those, and they are many in number, who dread the very thought of change. It is this sect of people, who if you are one of them, will find this discussion to be very helpful and perhaps even liberating in some respects, as that is the intent and purpose of this lesson. After all, liberation is the miracle of change.

Many people fear change, not because they actually fear change, but because they fear the potential implications of change, which right off the top is the fear of the unknown. It's enough of a threat to just think about moving out of the box of familiarity, even if being in that box is constricting, restricting, limiting, confining and even a constant threat to your happiness and sanity, as well as your over all well-being. People tend to remain stuck in such ruts simply because familiarity is by far more comfortable than to venture off into unfamiliar territory that threatens to be uncomfortable until they arrive there and sometimes it is uncomfortable at first. Thus, resistance to change can inhibit the potential for unexpected opportunities and personal development, especially when familiarity and comfort rules at all costs. This is evident because underneath the fear of change lies the rumblings of discontentment. While it is easier to avoid and deny the awareness of a much needed change, the change itself is thwarted in favor of familiarity and comfort until the rumblings of discontentment rise up in an uncontrollable eruption of strong emotions like a volcano or the discontentment is stifled, suppressed and repressed, digging an even deeper layer of contributing adverse effects to the one cause – the resistance to change.

Now a change in your personal reality comes about in many ways and takes on many forms. And as the reasons for change are so varied and even somewhat complex in nature, it stands to reason that every aspect of change cannot possibly be stated or addressed in the context of this discussion, as such a broad topic would lend itself to writing an entire book on the matter. However, there are examples of change that can be addressed in this discussion because the threads of such experiences are more common among the general population. Therefore, the discussion in this lesson focuses on change that applies to most everyone on a personal level, as this is where people tend to run into great difficulties and do so for many reasons, which generally comes down to the lack of a deeper understanding and a more profound conscious awareness of themselves and the nature of their reality. This does not imply stupidity or ignorance in an insulting manner of speech, but it is to say that everyone operates within the boundaries and limitations of the knowledge (non-academic) they possess at any given time, which mostly is information that is habitually acted on because it is information

that is most known and is typically associated with the negativity of past experiences brought into present experiences. The overall affects are usually devastating in a personal sense and not the least bit productive in any manner of speaking.

As there are two distinct motivations for change, one external and the other internal, the discussion begins with a look at how external influences provoke change. Given that change is often external in nature, such changes are either the result of an environmental influence in which a change of some type is unavoidable because it has been forced or exerted upon you in some undesirable manner of speaking or is caused by the actions of someone attempting to exert their will on you for one reason or another, leaving you with no other choice but to comply or resist. However, there is a third option that will unfold in the course of this discussion and is the one that is most often overlooked due to the unawareness of pertinent information. As is often the case, the first cause that provokes undesirable change, as described above, is not negotiable, i.e. the loss of a job, the loss of a home, the loss of personal belongings or the loss of a loved one. The latter provocation of undesirable change, to some extent, is negotiable and, therefore, is the perspective of change the discussion will focus on. Regardless of how the threat of change enters into your reality, it is inevitable that a change will occur, but the shape of the change depends on many influencing factors, including how you relate to the subtlety or abruptness of change, which can catch you completely off guard and right away throw you into a reactionary state of survival mode.

In the case of anyone exerting their will over yours, you will either be submissive to the exertion of that person's will or you will make choices and decisions that are not in compliance with that person's will, but are in compliance with your own will. However, such occurrences do not guarantee a favorable outcome either way unless you take the time to examine the whole picture to discern as accurately as possible the fairness and reasonableness of the request, as well as to discern if the request is a realistic or unrealistic expectation. This form of scrutiny is easier said than done because what is seen on the surface may not be as it appears, but is how either you or the other person perceives it. The difference in perspectives and perceptions can quickly become an unexpected dividing line that not only threatens to wreak its own brand of destruction, but also can invoke unnecessary changes, depending on how wide the gap of differing perceptions is.

Sometimes the writing on the wall, which initially may appear to be rather obvious and quite distinct, but when examined through another set of lenses, proves to be not quite so obvious or distinct, but proves to be something very different and therein lies the root of conflict. Because people often have trouble expressing themselves in that they don't really mean what they say or they don't say what they really mean, unnecessary conflicts arise as well as the threat of change. This scenario not only leads to confusion, it brings about uncertainties with respect to knowing the facts. So responding or reacting to such

external influences without allowing ample time to fully understand the entirety of the situation can create unnecessary change that often leads to other unnecessary changes and does so by way of making choices and decisions in a reactionary state of mind, emotionally and non-emotionally. The variance between reacting emotionally versus not reacting emotionally relates to information. A person can be so sure of the information they possess that it leaves no room for negotiation and literally slams the door shut to open and honest communication. In such a case as this, defensiveness gives way to taking a stand that is not in accordance with information that corresponds to the perspective of the person making the request. And although emotions may certainly be felt, they are not necessarily expressed. On the other hand, when the expression of strong emotions in self-defense is primary, the expression of information is secondary as is the desire to explore the basis of the information, which creates a very sticky situation. The only means of resolving the conflict is that the parties involved must make an effort to stick to the facts and leave their emotions out of the equation, a feat much easier said than done.

Such a feat requires a great deal of self-discipline, insight, and wisdom along with accurate knowledge. People often fall into the trap of believing that the knowledge they possess at the time is indeed gospel and, therefore, holds true even if the knowledge they possess with respect to the matter at hand does not contain a lick of truth because the basis of their beliefs are fundamentally inaccurate and/or their perceptions are skewed or distorted, thus their expectations are indeed unrealistic. For them, such an inevitable forced change in circumstances may be the best thing that ever happened to them, that is, if they come to see the error in their thinking and are open to acquiring a new level of conscious awareness. However, it is a rare occasion when only one level of conscious awareness is sufficient, as there tends to be more than one underlying issue attached to most any conflict and is the reason for the conflict. But as these underlying reasons, which motivate reactionary behavior, remain undetected, it is likely there will be continued bouts of exerting unfair and unreasonable conditions against the will of the another person.

Thus, knowing how to respond in a non-combative way requires a skill set that includes the attributes of patience, tolerance and acceptance. Even though a person may be way off base with respect to how they view a situation does not imply that their perspective should not be appreciated and even accepted because sometimes such distortions of perception is merely the product of a misunderstanding either because the other person did not make a clear and precise statement about what they want or don't want or what they expect. Such misguided communications are very harmful. They open the door wide to dissention and inevitable conflicts in which someone finds good cause to exert their will or their perspective in favor of the other. In this respect the miracle of change occurs by way of patience, tolerance, acceptance, and a willingness to understand where the other person is coming from so that no one will is exerted over the other.

When emotions fly in the face of conflict, it is difficult to find a means of resolution that is good for everyone involved. Thus, someone has to take the reins of control only to encourage a time out to recompose and reconsider. Expressing strong emotions in no way evokes a miracle of change, but it does typically prohibit the desired change, assuming the desired change is not one-sided, but serves in the best interest of the parties involved. Of course, this too can be a challenge of monumental proportions because it requires the utmost honesty and sincere concern for the well-being of everyone involved. As a person is only capable of knowing just so much at any given time, there is bound to be errors in judgment and thinking based on many influencing factors, most of which are unknowns. People tend to cling to the feelings and emotions of past experiences, thus the level of their knowledge corresponds to the conditions that existed when a circumstance or event was occurring in a present time as if such conditions were immutable and permanent. Thus, there tends to be the need to predict an outcome that does not have to exist, but ultimately, will manifest as a reality because the energy of a past event is projected into the current situation. In reality the current situation has nothing to do with the past, and even though it is a separate and isolated matter, it rings just as true do to the adverse affect of associated memories that have now become reactionary responses to any perceived or real like-kind current event.

People can unknowingly dig themselves into a mental and emotional hole that not only can have lasting unpleasant psychological effects, but also will provoke the inevitability of undesired and unnecessary change. In this case the handwriting is on the wall and you can be sure that it definitely reads correctly. The only real means of avoiding unnecessary change is to read the writing on the wall, which when read accurately, depicts a picture of your reality that in some sense does need a change, but not one that is external. The real change needed is internal and because it is internal, it is where the miracle of change occurs and eventually manifest in unexpected and very pleasant ways on the external plane.

Mapping external conditions to internal reactionary responses is not an easy endeavor because it is an exploration into the depths of one's-self. It is a journey of self-discovery, not typically intended by choice, but often comes about as the result of an adverse external influence sufficient to cause an awakening to the fact that just maybe things are not what they seem, but that it is possible there is much more to the story. Thus, a measure of self-examination is vital to not just knowing the whole story, but to know how the story came to be, which is the result of any number of underlying reasons not yet detected, but nonetheless, have been wreaking a fair share of havoc in your personal reality. Unfortunately, the miracle of change takes time to unfold because it takes time to discover all the many things about yourself that are likely to rise up into your conscious awareness, which too requires time to assimilate the information you learn about yourself and come to grips with how it has and still is adversely influencing your reality. This is a self-imposed task that takes a fair amount of concentration and

diligence if you are to ever lift the veil of illusion and see into the depth of your own delusions, which by the way, were not your fault to begin with. Again, it is essential that you keep in mind that you cannot hold yourself responsible for what you did not know, but that you do, in fact, need to hold yourself responsible for learning new information. This is how the miracle of change begins. However, such beneficial changes cannot occur if you choose to bury your head in the sand. Neither an attitude of denial nor avoidance will get you where you would like to be in life. The fact that you have chosen to continue reading this lesson is an indication that you are at least interested in the experience of change, even though how, when, where and why change will be good for you is perhaps illusive at this moment. Once you take the first step toward initiating change, that energy will carry you along your journey of self-discovery in the way that it will, and will unfold and reveal personal things to you that will help you put the matters of your reality in its proper perspective, but it will do this gradually and over a period of time. Thus, the miracle does not lie so much in any actual tangible external changes, but rather the miracle lies in the most unusual intangible ways of becoming mentally and emotionally liberated from the strongholds of those things that have stood as obstacles in the path of your personal development, which ultimately, blocked your spiritual growth.

The miracle of change is always internal first, as everything external is uncertain and is temporary at best. It is an ongoing unfoldment of revelations and periods of growth that sometimes come in unexpected and sudden spurts, whereas other times the changes come more slowly and sometimes with great difficulty, as learning new things about yourself does indeed challenge your well-established thought patterns and brings to the surface set beliefs that in some cases you did not even know where your beliefs. Beliefs below the surface can be clouded or overshadowed by surface beliefs, thus, the distinction that separates these beliefs is as different as night and day and often come as a surprise to the beholder. The reason for such a sharp contrast in beliefs is because most every belief you hold is closely connected to environmental influences that is not visible on the surface, but rather these beliefs tend to reside in the confines of your subconscious mind. On the surface, it may appear that you believe a particular thing about yourself or your reality is true, however, when closely examined, you find that there is an opposing belief that is in stark contrast to the one you are most familiar with, and that when revealed can actually be a turning point in your journey of self-discovery. In some cases, it is just as surprising to discover that you even have a particular belief about something that pertains to you, let alone to discover any differences or discrepancies in your surface and sub-surface beliefs. Many people are not aware that they actually hold or adhere to a particular belief that pertains to an issue they are exploring. The issue of beliefs, among other matters closely connected, some of which have already been touched on, is precisely why a time out in response to an adverse external influence is necessary. As has been stated all throughout the course of this

discussion, it is possible that on the surface, things are not what they appear to be and the availability of time is crucial to seeing the situation from a different perspective.

Everyone to some degree, knowingly or unknowingly is engaged in a journey of self-discovery. It is highly unlikely that anyone could walk the path of the human experience and not learn something of value that in some way has a positive effect on their reality in some manner of speaking. After all, life on the physical plane is all about the experiences, good or bad, right or wrong and with everything in between. However, in as much as this mindset stands on its own merit, there is a responsibility and accountability attached to the business of life. Like it or not, there will always be something useful to learn that when the principles, which are spiritual in nature, are fundamentally applied, reduces or in some advanced cases, actually eliminates the undesirable effects incurred as the result of adverse external influences as well as adverse internal influences, but this is not the same as avoidance. Although the journey of physical life is for the sake of experience, it is also for the sake of evolution, most especially on the mental, emotional, and spiritual planes, given that it is these elements that shape the nature of personal and collective reality and is where the miracle of personal and collective change occurs.

People tend to reject the idea that somehow they may have attracted undesirable, unwanted, and unwelcomed external influences into their reality. However, it is important to know that the adverse affects from such causes are not necessarily circumstances or events you actually attracted. This is so because you cannot control the flow of psychic intervention anymore than you can control the ways people attempt to exert their will over yours. As humans have not evolved in this capacity, it is not always about what you did or did not attract or even why, as it sometimes is more about how you respond and react to undesirable circumstances or events. It is how you mentally and emotionally react to unfavorable or undesirable conditions that shapes and molds the quality of your personal experiences in addition to the experiences you do attract, as well as how you respond to them too, which directly affects your overall well-being. Consequently, the state of your mental and emotional well-being at any given time directly affects your physical well-being, just as it affects your spiritual well-being. Thus, the path to personal development and spiritual growth does not come by way of outright denial or avoidance anymore than it comes by way of a lack of adequate information.

Such a resistant state of mind equates to the desire to achieve a professional or occupational status or to experience a healthy relationship without first acquiring the knowledge necessary. In all cases, you must become the change you wish to experience. You simply cannot expect to attain the things in life you desire without exerting the effort it takes to attract them into your reality in a way that is truly satisfying and rewarding. As the law of attraction, manifestation and cause and effect make no

distinctions between what you desire and how well equipped you are to manage what you desire, the energy of intended thought and desire will bring to you the exact measure of what you think you need or want, whether or not you are equipped to handle it in its entirety. Thus, the forewarning to be careful of what you ask for is because the energy of what you are asking for is very powerful. You might very well get what you ask for and if even if you are not adequately equipped to manage it, life will be all too happy to teach you any applicable lessons. And it is these lessons, sometimes very painfully learned that are the catalyst that brings about the miracle of change.

In closing, we hope that once again we have either brought an entirely new perspective as it pertains to the matter of change and the miracle of change that in of itself contributes to your personal development and consequently, cannot help but to enhance your spiritual growth. We encourage you to share your thoughts, comments, or personal experiences and, of course, feel free to ask questions because there is always the possibility that someone can benefit from the question.

Many Blessings,

Linda, Z and the Collective We