

Change, and other Certainties

Dr Justin Newman

Change is one of the most popular reasons for stress. There are *many* variables, constantly and spontaneously rearranging themselves, changing their potential influence on us. We begin coping with Change from ***THE EARLIEST MOMENTS*** of our lifetime. And if you think about it on the Universal level, everything in Reality is changing all around us. But consider this: Change is a *natural and ordinary* part of existence; and in truth, your system and Universe are both under the same pressures of Change. However, unlike our perspective as adults, your fully functioning system and Universe don't need to judge changes as "good" or "bad."

Typically speaking, most of us get stuck when faced with changes. We may be reluctant to change freely and spontaneously. We may hesitate. Many are stuck when faced with the factor of The Unknown. Yet, there is a great opportunity to find your Self. And try to keep in mind that ***pressure makes diamonds!***

Change is. So, why get stuck on Change? Expect it, or predict changes and interpret them with the *I Ching* if you want. Regardless, Change - just like the other Certainties, Paradox and Humor - is simply an experience that we have on this plane of existence. Once again, it is natural and ordinary. Furthermore, human cultures show programming of coping skills that are established as a way of helping us cope with changes and other pressures. Culturally speaking, there are many other behavioral traits that are designed to facilitate both community and self-preservation. But when it comes to managing Change, or any potential stressor, are your coping skills working up to your potential? Do they empower you to become open to reaching your goals and dreams, and in greater and greater capacities? What other things can you do to take additional steps toward fulfillment?

Don't panic.

First things first: settle down. If you're feeling out of center or unbalanced, then settle down. Breathe, and relax. Allow yourself to breathe and release any tension from your body, feelings, thoughts, or relationships. Breathe, and hang out with yourself as a more settled You. Allow yourself to sense the finer qualities around you as well as within your system. ***Here and Now***, this is the moment where you can choose to forge and further refine your settled, "identity self" with your fully functioning system, and to develop greater and greater capacities of You! Allow more profound aspects of your system to manage Change; and, continue throughout Life, ever-forging.

The man who realized Aikido, becoming the Great Teacher - Morihei Uyeshiba O'Sensei, also known as The Master - uses a favorite affirmation, "True victory is victory over the self. Let that moment come quickly! [*Masakatsu Agatsu Katsu Hayabi*]" So, ***forge onward!***