

SIMPLIFY YOUR LIFE

SIMPLIFY CHANGE

An old saying:

There is no pain in change.

There is no pain in growth.

*There is only pain in resistance to change
and resistance to growth. - Unknown*



Why do I resist change? It is all around me. It is inside me. It is constant. It is life. But, my body doesn't know what's coming and anxiety takes over. So I cling to the old, the comfortable. I keep doing the same daily routine or going to the same job or using the old tool, long after the growth is gone. Would a plant resist pushing through the soil and reaching for the sun? Would it struggle to make itself different than its makeup? Would it expect other plants to go against their nature? Would it say to the earth, stop growing me now, I've done enough? No, the plant would adjust to the elements and change. Am I different? Am I different from the rest of nature? Even with all my human intricacies, I am still a body on the earth plane. My body carries a genetic plan of growth. My soul carries its karmic plan of growth. I can resist this or surrender to the ecstasy of living it.

In my business, as a professional organizer, I am a guide for change. I see people struggle with it daily. I see the cost of resistance. And I am there to support them in the new. My greatest joy is seeing them open up to change and then transform. Yet in my personal life I have struggled. I have carried a belief that change meant struggle. Years ago, life brought me a friend that kept looking me in the eye and saying "**change is good, change is good, change is good**". I spent many months saying this out loud as I let go of my old block. Today I can laugh at my resistance. Today I trust change. I embrace change. I can even enjoy it. I am grateful for this change in my belief. Remember, a miracle is simply a shift in perception.

I am here to offer a simple shift in your understanding of change. Rather than focusing on the unknown, start with simple acceptance of what is. Let your body and your mind accept the present moment. Then simply be willing to change. You can trust in the natural process. Believe me, life will give you what you need next. You don't have to figure it out first.

Acceptance, Release, Trust

- I accept myself, with that I accept my life as it is today.
- I accept that I will change today. I accept one change today.
- I accept that anything around me could change today.
- I release the need to control what's coming.
- I release struggle and find joy in change today.
- I release the old way or old stuff.
- I trust change. I can start with a small one and build up.
- I trust the gift that change brings. I trust life.

Lastly, focus on the gift. Let the universe bring in something or someone new, something that has the power to grow you in this moment. Change will be simpler if you just let it unfold.

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The Clear & Simple Way© to simplify your life.