

## Reminder Memos for your Advancement #2

### **The only thing permanent is Change - So we deal with it!**

It's easy to forget that we cannot stop change from happening all around us. Many of us resist that truth because we feel more comfortable with people, places and things that are familiar and comfortable to us. Unfortunately, our fear of change / the unknown is mainly responsible for many of our negative emotions, like feelings of helplessness, resistance, anger and frustration.

Trying to stop things in our outer lives from changing is like trying to stop the ocean's tide from coming in. We are fighting against forces far bigger and stronger than we are. That may sound defeatist, but we are not powerless in the face of change - far from it!

The secret lies in knowing how to change ourselves rather than trying to control everyone and everything around us. If we can learn how to adapt from within whenever we are faced with a situation that is uncomfortable, we will become masters at handling change - gracefully, joyously and with more ease.

But how? Try the Three Step method;

The first step is to acknowledge that trying to control outer circumstances is an exercise in futility. That may sound easy but you'd be surprised how much resistance many of us have to that truth.

The second step is to accept that things are the way they are in our lives, and remember that they do not always have to be this way. While it may not be possible to avoid changes that seem negative at first glance, we do have the power to call forth many more wonderful changes to balance the negatives out.

The third and final step is to remember that everything you think, say, believe and do right now in each moment is actually paving the path to your future. There is great power in working each day to get your thoughts into a positive place, letting go of regrets, changing limiting or self-defeating beliefs, and forgiving those who have wronged you so you can let go of the pain and move forward feeling whole and happy.

When announcements of change stir your natural feelings of fear to do with the unknown, make an effort to deal with it rationally and with your innate intelligence. Contemplate on all the potential outcomes, both positive and negative in your perspective. The positives will look after themselves, but the negatives are best dealt with to defuse their inner disturbances.

To master fears with potential negative outcomes as the winds of change blow, firstly determine what might be the very worst thing that could happen from the changes as expected. And if the worst were to eventuate, how might you deal with it one way or another - even with the help and support of others. You always can request of your guardian angel for an outcome for your advancement

This process of inner transformation is not a one-time event; it will continue as you grow and learn for the rest of your life. But with each passing day your thoughts will become clearer, your inner strength even stronger, and your enthusiasm for the next amazing phase on your journey will grow. If you get to practice these tips, you will soon learn to handle change with ease and grace

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