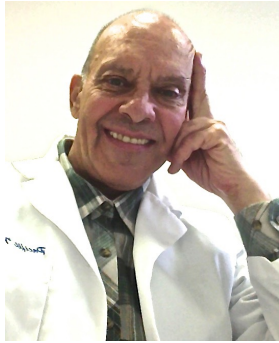


True Stability Amidst the Changes

By Dr. Marcel

Most mornings I draw a little card from a crystal bowl that has a word printed on it like *vulnerability, passion, harmony, friendship or joy*. There are about a hundred or so of these little cards. I think about the card I draw and try to make the concept on the card be the focus for the day. Yesterday morning as I drew a card a second card jumped out of the bowl with it. The two cards were "stability" and "change," seemingly contradictory concepts. I thought about stability and change in relation to health on and off for the rest of the day.



Change is what we all have trouble with. Although we know that change is occurring every millisecond of our lives, we have an unconscious resistance to change, especially as we age. We yearn for what we think is stability - a place where we can just be calm can take a respite from the unpredictability of events occurring within us and within our environments. Simply put, this type of stability does not exist.

The only stability that exists is in our ability to adapt to ebbs and flows in our environment and stay centered, focused, calm, accepting and compassionate.

The little cards in the crystal bowl fulfill another purpose. By starting in the morning on a positive thought process, the brain is pre-programmed to perpetuate this healthy pattern in other encounters throughout the day.

For many people, there is a natural tendency at the end of the year to take a look at the preceding year and think of what they would like to do better in the next year -- things they would like to change. This is how New Year's resolutions are arrived at. But what I'm talking about is making resolutions from a different level of understanding and application. True change only occurs when accompanied by a corresponding growth in consciousness. Here are some thoughts on how this might be accomplished when making resolutions.

Consciously Embrace change. If we try to resist change, we begin to be left behind. We begin to die, not only physically but emotionally and spiritually. By welcoming change, we consciously harmonize with a dynamic flow of earth energy that nourishes and sustains us and makes us feel vital and alive.

Learn to adapt to the changes. Only humans have the ability to adapt to different external situations and to mold our environments. No other species can survive in both polar and tropical environments, designing systems and integrating into seemingly disparate surroundings.

Brainwash yourself before someone nasty beats you to it (a thought from Rob Brezsny). Healthy patterns are established by repetition. Start right out in the morning with a positive affirmation, a prayer, an Angel Card, an inspirational reading - anything that focuses your thoughts and actions in an uplifting direction. Try to stay in this uplifted state throughout the day.

Express gratitude. No matter what is going on in your life, try to focus on the joy and blessings that surround you. Let others know how thankful you are for the parts they play in your life. Do this every single day.

Stay open-minded. Release the concept that your own reality is all there is. Try to see the world through other people's eyes.

May the blessings of self-realization and peace flow through you and bless the Earth. Have a transformative, uplifting 2020!