

Judith Milburn, Ph.D.  
(714) 968-4202  
www.judithmilburn.com

## **EMBRACING CHANGE**

*Life is what happens while you are making plans.*

**Change...** the ONE constant in Life....the most revered, feared, avoided, and sought after experience in life.

We're terrified, relieved, or excited when we realize that change is afoot in our lives. Change often reminds us that we aren't in charge of our lives. We'd like to believe that we are. However, when we look more closely, we realize that it's a total illusion that we're in charge of our lives. We find that key change points have dropped in unexpectedly and quite by surprise. What we thought was going to happen next in our lives eludes us. We find ourselves responding/reacting to what is happening, not what we wanted to happen. To our surprise, we may find that what we have 'control over' is how we respond to the change that's presented to us by the forces of Life.

What is this Life force?

LIFE is this immortal depth force that lives through us. And it is in charge of our lives, not our surface mind. Life courses through our veins and souls like sap through a tree, like a living breath and energy through our beingness. Life lives to perpetuate itself and to experience Itself at increasing levels of complexity. We frequently have some vague idea that we can live fuller, more meaningful, satisfying lives. Our question is often how we are to accomplish this. What does this mean? How do we accomplish it? How do we make sense out of Life when change is so unpredictable?

1. Remember that we have made it thus far, even when we haven't been aware of what's happening or sure about anything.
2. Embrace change when it comes. Surrender to it. Place yourself in accord with these deeper forces.
3. Become aware of your fears, as well as your excitement. In this awareness, you can walk with your fears and find that fears decrease as you make them conscious and continue to walk forward in spite of your fears and walk into your excitement.
4. See your woundings, difficulties, and challenges as forces of change impelling you to develop your talents and other personal abilities to meet the opportunities of change and of life.
5. See all confusion and so-called failure as learning opportunities. Accept that you may, out of your fears and confusions, make mistakes in charting your life course. Know that your deepest guiding forces are using these to assist your growth. Your inner guiding forces will do everything they can to get you back on track. (And in some ways, you really aren't off track.... You've taken a detour to learn something you needed to know.) These forces get your attention in some way to guide you. When all other methods to get your attention fail, you may find these deeper forces creating job loss, illness, unhappiness, a sense of incompleteness, relationship loss or other failures. You may not get jobs you want, you may need to change careers, or do deeper inner work or re-think and re-balance your life.

5. Know that the effort spent working your way out of difficulties and confusion is necessary to your development in the same that the exercise a baby bird gets as it pecks its way out of its egg is essential to develop the strength you need for living your life.
6. Listen to your deepest intuition which can come in the form of an inner voice or a 'gut feeling', a feeling that you just know what's right for you. You can learn to make distinctions between inner voices leading you to inner truth and those fearful, defensive, or power hungry voices.

I believe that LIFE which lives in us will continue to lead and/or push us onto our path. We can either resist or we can surrender to our process. I've found, in reality, that surrender and embrace are the only options. If we resist, LIFE will continue to nudge, force, or give us a kick in the seat of the pants, to encourage us to keep moving through. Life doesn't like to give up until we place ourselves in accord with our own personal unfolding, with our own destiny arising from deep within.

Along the path, we'll meet a variety of experiences designed to help us let go of the baggage of fear and misperceptions we're carrying, and to open to an ongoing change process, and enter fully and passionately into our life. We greet these with gratitude. We're learning to get out of our own way to claim our birthright of abundant life.

### ***Change at the Center for Conscious Living***

Seacliff Village Shopping Center will be bulldozed early this fall, if life goes as planned. This is not a subtle announcement of change, as this has been home to The Center for Conscious Living since 1985. I can either see this as a disaster, or as an opportunity to re-think and re-create the Center in accordance with what wants to come up next! I've been listening to my inner voice and working to place myself in accord with whatever the next step is.

At New Years' Eve 1997, my inner voice said, in response to my query as to what I should do next, "Don't worry now. It's not time and you're not ready!"

Now that very clear message quelled the concerns of most of my inner aspects, even though certain parts were ever vigilant to the activities concerning the entire project. And I must admit that sometimes, those aspects have gone into a little tizzy, wondering where we're going to find such a wonderful location and suite as here in Seacliff. Well, as the yogi's say, 'All will be revealed in the due course of time.' So we wait and listen within. We begin the process of looking and continue to listen. And we trust.

### **Inner Wisdom: The Inner Voice**

- I've found that I have two basic choices in life as to how to make decisions:
- I rationally determine the answer/goal/activity and begin to plow forward to bring it to pass, regardless of the difficulty; or,
  - I wait until I hear my inner direction and then take action.

A rational choice makes me feel like I'm in control, even though it may seem like I'm going the wrong way or having second thoughts or experiencing inordinate difficulties in accomplishing my goal. It seems rational and the right thing to do but something is wrong, nonetheless. So we stay with the choice because it's logical. It's like the bride or groom, who on the morning of the wedding knows it's a mistake, but won't call off the wedding

because of how it would look!

Waiting for inner direction to guide us can leave us feeling very vulnerable and not in control, just hoping that something is going to show up. For myself, I've made enough decisions and suffered the consequences when I've chosen based on what my rational mind or ego thought was best. That clearly doesn't work for me.

The intuition 'speaks' in a distinctive way. It is clear and straightforward. It may be soft; it may be loud. It may be authoritative. It isn't judgmental or scolding or demeaning. It speaks in a voice carrying the energy and message that *just is*.

Sometimes it's a feeling of rightness; a tingling, a gut response that says yes or no.

You can ask your inner voice to speak to you in a way that you can identify, it and you can also ask 'the voice' to teach you to identify it. And it will instruct you over time. It is a process. Allow the process. You won't learn over night. Each time you mistake the voice and stop to identify what you missed, you will be honing your ability to hear the voice and live in accord with your deepest self. Be patient and gentle.

Gradually you will learn how to distinguish your inner voice of intuitive wisdom from the other voices coming from fear and confusion, doubt and inadequacy. It's natural to have these various inner voices/thoughts. The key is to learn to distinguish what is what and who is who. You can learn to hear the differences between what is said, how it's said, as well as how it sounds (even though it's silent within).

Accessing and trusting your inner wisdom enables you to deal with change more easily, as well as move through your life with more consciousness and ease. You can begin by practicing the relaxation process below.

### ***Relaxation, Meditation, Intuition, and Creativity***

Practice now learning to relax.

Sit or lie down in a comfortable place and inhale deeply and let go. Let your mind follow your breath.

Inhale into your belly like a baby fills up its belly when it inhales, allowing it to empty as you exhale.

Exhale out your feet, all the way out your feet. When your mind wanders, and you can count on this about every two to five seconds or so, just notice and lovingly return your attention to the breath when you notice the wandering. The wandering mind gradually becomes quieter and focuses longer.

Stay with the breath. Give yourself time to just be.

**You can learn how to relax whenever you wish, wherever you are, regardless of what you're doing. Eventually the chattering mind gets lost in the breath, and then for some marvelous period of time, the mind doesn't bother keeping track of anything. It just lets go and allows the breath.**

**Then, in this relaxed, yet aware, state, you can notice the intuitive and creative resources arising, or use this focus of attention to reduce pain and activate healing processes.**

