



CHANGE

The only CONSTANT in life, is CHANGE.

The Universe NEVER sits still. It is constantly changing. Energy does not die, it only transforms into a different state of energy.

Depending on who you are and your perception of reality will depend on whether you are able to adapt well to change or not adapt well and suffer.

Changing your Reality

If you can't change the situation, you can change yourself and then the situation will change. The trouble arises when people want change in their lives but are not wanting to or avoid and deny looking at themselves.

Looking at Yourself

Often people complain about how hard their life has been, they focus on lack mentality and take for granted what they already have. This is a victim mindset because you create the psychology that you cannot do or obtain or achieve the thing you desire. A way of self-sabotage, learned helplessness.

Learned Helplessness

Is a situation where you are presented with an opportunity of some sort, before it happens and requires your commitment to it in some way, but you create obstacles to it and reject taking action on it.

Let's say you were offered a job somewhere doing something you always wanted to do, but it requires some form of adapting to a new commute or adapting to working in a different way than you've learned before. Many people take the opportunity but also other people who lack confidence will reject the opportunity because they have taken a hypothetical explore down the route of thinking about how they would do the job. In that mental process they have seen a few challenges and navigated ones that they think they can do but also have thought about potential obstacles to getting to work, or are not keen on the idea of learning new technology, or find something in the process of thinking about it as a reality, too difficult.

This is learned helplessness. It's a set of obstacles you gave yourself before you even set one foot forward along that potential path of new opportunities.

This is because the individual has created false challenges and obstacles and created false lose outcomes, based on their own script and narrative. They created the problems that prevent them, and they have not even attempted one muscle of movement towards it as it's all been a story in their mind that they made up. Preventing themselves from a hypothetical opportunity because they have created the problems. Resulting in OPPORTUNITY DENIED!

This is only until you actually start to look at who you are, what you believe and how that makes you agree with, or disagree with information and narratives. How do you get angry or sad, what are the subjects that get you agitated and emotional based on those beliefs you have?

Shit happens! Life constantly changes and unless you can adapt you will suffer. Life is not perfect and wishing it to be so without your active input into changing the life you don't like, then you won't ever find that perfect life you desire. This is because you are not being an active participant in creating and shaping that perfect world for you. It does exist amongst the good and bad of this reality.

The choice to be a victim and just complain is up to you, the world will still turn, life will still go on. The more you try to cling to keeping things controlled to be the same, the harder you grasp, the further away they will go. The more you let go of a fixed outcome or expectation and work at changing yourself, the closer those aspirations come towards you.

This is just how life works.

Change is the only constant; you are not the same person you were yesterday or the year before last. Adapt and change who you are by removing what no longer serves you, your own behaviour or habits, change who you are and upgrade and adapt to the flow of life and you will ironically have more control of shaping it to suit your ultimate preferred outcomes. Which is what you wanted in the first place. So, changing yourself is the best way to change the external situation you no longer wish to be in.

Changing the way you react to the beliefs you held, changing how you respond to people and how you think of yourself. Changing your mindset to not be the victim and instead start to think the opposite. You are always able to change yourself, but first you have to admit that there are things in you that need changing, then it becomes an exciting experiment at being adaptable and not accepting the obstacle or accepting the obstacle is there, but also relishing finding a route around them as creative thinking is the new fun game.

In the Flow of the Now

Every time a challenge comes to mind, challenge the challenge by taking it on as something to find a creative solution around. The fun comes when you successfully navigate around the obstacle and then get closer to your desired outcome. All because you could not be put down, swayed or thwarted. You have adapted to the situation because you are creatively finding it fun to overcome them rather than be crushed by them.

It's not a foregone conclusion, life is always changing and so are you. It's a script that's being written in real-time in the present moment that you can change and sculpt and shape and take control of.

YOU just have to be in the present and not in the past or future victim mindset of lack because then that's what you create for yourself when you could spend the same pint of energy creating opportunities and abundance in the flow of the now.

