

CHANGE

It is resistance to change that sparks catharsis and drama. The real moment of change is quiet and inside. It's an energetic shift after which you construct your reality differently. Dramatic release (especially a repetitive pattern) may be first blowing off pressure that in the future will build up again. OR the release may be new and feel so good that it clears the way for other feelings that have been suppressed to come into consciousness and start change. Change itself is easy – any fool recklessly driving a car can make a big change in your life. But the kind of change that elevates the quality of your life asks for courage, for a willingness to risk.

Real change comes when you first become aware of your habitual unconscious mechanisms for filtering out data. Becoming aware of how and when you filter out data is the first time you are at choice about it. And the awareness itself starts causing a shift. So then your perceived reality changes. So then what you experience changes. So then you change.

H: “How you accomplish the first step is by acceptance. Accept ‘At this moment this is what I’m doing’ without judgment. So we change not just by intention but by acceptance of what is so now. ACKNOWLEDGMENT HAPPENS IN THE HEAD. ACCEPTANCE HAPPENS IN THE BODY.

Why you need to be occupied (in your body) in order to make a change.---

When you want to give yourself permission to _____, whatever aspect of yourself that has previously decided to deny this permission has to be the one to now give it. (OTHERWISE IT’S STILL COERCION OF ONE PART OF YOU BY ANOTHER).

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