

# change

song: *Season Change* – Susie Suh

week #39

**change:** (v: do it)

- to become different or undergo alteration
- to undergo transformation or transition
- to become or transition from one state, condition, or phase to another

*development, difference, distortion, diversity, innovation, metamorphosis, modification, mutation, reconstruction, refinement, revision, revolution, shift, switch, transition, variation*

With the experience of the autumnal equinox...enjoy the balance which signifies change... Change is a word that is scary, exciting, daunting. The thrill of change is that which is hidden behind curtain number 2... our fear lies in the possibility of disrupting a perfect situation. We create change. We endure change. We expect change.

*“Without change, something sleeps inside us, and seldom awakens. The sleeper must awaken.” –Frank Herbert, author*

I sometimes reflect upon bleaker moments of my life, so that I can measure how I have changed. I surrounded myself with people who were not elevating me, by events that bored me. I chose to work in job that no longer satisfied me. I chose to feel like a victim of my own life...*Can you relate?*...My first major change occurred when I recognized that one person in particular was not my true friend, and I decided to eliminate her from my life. It was a difficult and sad adjustment for me to make, however, it resulted in a transformation inside of me. I recognized that any change is possible. *Change is when desire meets action.* This set me on course for a number of alterations, all of which provided me with a sense of stability, confidence, determination. I set off for my pursuit of happiness; my birthright.

*“If we don’t change, we don’t grow. If we don’t grow, we really aren’t living.” –Gail Sheety, author*

I am a totally different person than I was three years ago. I know who I am (today) and this is not the person that anyone ever expected - or required me to be. I know who I want to become, and I am working hard to make those changes in me. I am systematically releasing fear and judgment; as well as those things that I don't need, and I'm moving closer to becoming happier and more complete. Please know, reader, that YOU have this power. Define who you are - and where you want to be. Make the systematic changes to get where you want to go.

*“Only the wisest and stupidest of men never change.” –Confucius*

**Action:** Perhaps the most important lesson to learn is that **you** are a change agent. YOU have the power to change the world around you. YOU have the capability to make another person smile or cry. Have you ever considered your ripple effect? The word this week is Change. Embrace your changing world, wherever it may lead you. Create the change in your life so that you will continue to explore and grow. Continue to change the lives of those around you with only the best of intentions. Move. Transform. Be Different.



*You have the ability to make changes in your body, in your mind, and spirit. With deep exhales, explore the quivers in your legs during your Grand Plie with Heels. Allow a change in your posture, your muscles, your mind.*

## September Color: Baja Blue

The color of the month is Baja Blue, a 'discerning' shade that can help ease tension and promote tranquility.

## September Chakra: Brow Chakra

When balanced, the brow chakra can help provide clarity during times of change.