
Are You Resisting or Accepting Change

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By Kathleen Gage

Recently, there have been significant changes in the workforce for countless numbers of people. It could be the change due to a layoff, an acquisition of the company you or your loved ones are with, or a slowdown in sales which could lead to cutbacks. Maybe a coworker got sick or passed on. Regardless of the change you are going through, it can lead you to a place of fear. Fear can immobilize any of us from enjoying life and taking action that will move us to that next opportunity.

When change happens there are two things we can do - resist or accept. When we resist we tend to move into a desperate state of mind. The energy of desperation usually comes from the unwillingness to trust that all things are as they should be. When we are in a state of desperation we are not as resourceful as we could be. It is difficult to make appropriate decisions, we may lose sight of what is truly important in our life, we may begin to blame others for our "state of affairs", and we may become so immobilized our desperation grows.

When life is full of challenges a positive mental attitude can break down even the strongest walls of resistance. There are things we can do to build our positive mental attitude. The most powerful and the simplest is to have an attitude of gratitude.

It is important to remember that powerful and simple do not always mean easy. Many people get

confused on the difference between when something is simple and when something is easy. Simple means something is clear and understandable. Easy means with no effort.

Life happens. It is as simple as that. We can either choose to resist what is happening or we can accept it and make decisions about what to do about it. This is where it is not always easy. Acceptance doesn't mean we have to like something or lay down and be a doormat. Acceptance simply means we acknowledge that something has happened and in that acceptance can make the best possible choice of what to do.

Often change happens in order for us to more fully live who we are - to move closer to what our true life purpose is. Another key to acceptance is to trust that all is as it should be and you are lacking nothing. There is a constant flow of good and abundance available to you and all you need do is trust. Trust and be willing to accept.

When something doesn't work out the way we think it should there could be a number of reasons for this. One, we are not yet ready. Perhaps we have more work to do. Or, we must trust the process more. Perhaps there is a whole different direction our life needs to go in and that is a part of the acceptance.

One of the most powerful examples of this happened recently to one of my dearest friends, Lori G. About six months ago she was diagnosed with breast cancer. The fact was, and is, that once she was diagnosed her life changed forever. Lori

had two choices here. One was to resist and pretend this wasn't real. Second, she could accept it. Through the acceptance, the love of family and friends and a trust that all is as it should be, Lori took the necessary action to do what needed to be done.

What she also did was pray for knowledge about a deeper purpose in life. Through this contemplative process she realized how powerful prayers from others had been for her during her surgery and treatment. Out of this experience www.praythecure.com was born.

The vision of praythecure.com is *Prayer is the language through which we choose the outcomes and possibilities of life. In a very real sense each moment may be considered a prayer. We offer you a place to intentionally pray the cure for cancer, with thousands of others changing a wish into a reality. Leave a prayer of your choice for; an individual, a family, the world at large or for the thousands of researches, scientist and doctors who also pray the cure!*

Out of praythecure.com was born praythecureheart.com and praythecureaids.com. All with the same mission - to provide a place for those who understand that life is about change. And through love all change becomes easier.

Truly, life is about the experiences we go through. And yes, some of those experience will be painful. Pain is inevitable, misery is optional. One of the quickest ways to get out of our own way is to be willing to do things differently, take action on a daily basis, appreciate what we do have at this moment, and be willing to give of ourselves to others in the spirit of service. I once heard that a grateful heart can't be a hateful heart. So as change occurs in your life, are you a person of resistance and anger or a person of acceptance and action who thereby

makes the world a better place one moment at a time.

Have a wonderfully blessed day.

Contact information:

Kathleen Gage
563 East Stratford Ave
Salt Lake City, UT 84106
801.466.3630
turningpoint@utah-inter.net
www.turningpointpresents.com