

TWO: OPENING TO CHANGE



As she journaled after her walk, Amara found comfort remembering the words of Rumi, the 13th century Persian poet: ***Let the beauty of what you love be what you do.***

When she let her heart lead the way, Amara always arrived at the same place: one of deep knowing that her purpose is to help people stand strong in who they are and show up to life, fully expressed. But the burden of real life issues often distracted Amara, leaving her overwhelmed by the inequity, pain, poverty and problems that so many people face.

Daily walks helped Amara focus on her passion for making a difference. Making her way up the slight hill approaching the quaint memorial flower garden Amara thought about her biggest challenge: not getting discouraged and not giving up when she starts to get overwhelmed.

Just then the yellow butterfly reappeared, free floating on the gentle breeze as if waltzing across the open blue sky. "That's it," Amara said. "I need to free flow more and practice letting go." Watching the butterfly's delicate dance, Amara realized how much she wanted to feel light and free. Looking again toward the heavens, she questioned a passing cloud, "So mom, how can I get that for myself now?" She continued to walk and wait for the answer which came sooner than expected in the form of four practices.

Along with Amara, stop four times during your walk to try out the OPENING TO CHANGE practices, noticing how you feel after each one.



OPENING TO CHANGE

- To open your heart and get ready for new possibilities: Place your right hand over your heart and your left hand on your right. Breathe in light...breathe out stress....breathe in possibility... breathe out fear.
- To let go of what may be getting in your way: Shrug your shoulders, bringing them up to your ears, hold tight, then release. Do it, three times as you say, "Let it go...let it go...let it go."
- To take what fits and let go of the rest: Open your hands, extending your fingers, then close in a tight fist. Do it three times as you say, "Take what fits and let go of the rest... Take what fits and let go of the rest...Take what fits and let go of the rest."
- For pushing beyond limits: Reach up to the sky as you stretch your arms high above your head. Now move your arms downward, pushing out as you go...and say, "Pushing beyond limits... Anything IS Possible! ... YES IT IS!"



Think about and journal your answers to the following questions:

1. What's possible when you open your heart and get ready for new possibilities? Amara wrote: "I will be willing and able to take small steps to my growing edge - areas where I experience unease and/or fear."
2. What's possible when you let go of what may be getting in your way? Amara wrote: "I will be able to reveal more of my authentic self. My sense is I've been hiding behind my blocks and limiting beliefs."
3. What's possible when you take what fits and let go of the rest? Amara wrote: "A greater sense of trust in myself and the process. It opens me up to being curious and wanting to go deeper into self-discovery."
4. What possible when you push beyond limits? Amara wrote: "Feeling freedom and excitement; feeling ready for the next right step!"



Last night, as I was sleeping,
I dreamt—marvelous error!—
that I had a beehive
here inside my heart.
And the golden bees
were making white combs
and sweet honey
from my old failures

--Antonio Machado

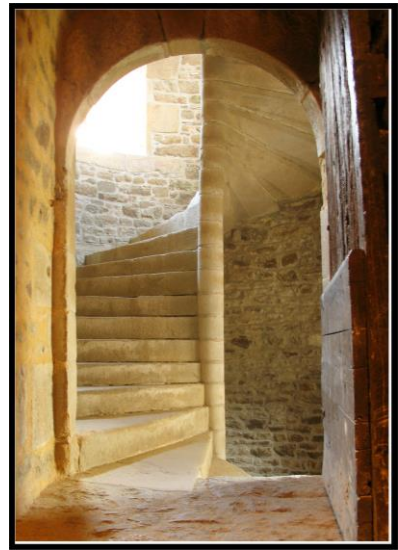


More Time for OPENING TO CHANGE

Consider situations in your life where doors seem to be closed (e.g. wishes not realized, opportunities ending or taken away, etc.). Name those situations below by labeling the closed doors (e.g. "My vacation plans fell through"... "I didn't get the grant I applied for"... or "I lost my job."). Next, look at the open doors and set your intention for an opening in the future with a simple affirmation (e.g. "I am open to new possibilities" or "A new opportunity is coming my way!"). As new opportunities come your way, label the open doors.



More endings and new beginnings...



"Fear knocked at the door, faith answered,
and lo, no one was there."

--Author Unknown



NEXT SMALL STEPS

What will you do? By when? How will people know?