

Dare to change

Creating fundamental change in our lives is a journey. It begins with noticing things that are not working or that are causing discomfort. We need to recognize this discomfort and begin examining its roots. This difficult inner work will be painful, confusing and exciting. The next part of the journey involves following our inner work with courageous actions. These actions are things that we do not because it's the logical thing to do, but because we feel a need in our soul to do what we think is right. These actions will seem very risky and may result in enormous uncertainty. Embrace the uncertainty, as though it is natural, and have faith in your process of discovery. Live the questions that you ask yourself and others. Be patient and wait for the answers to these questions, for you may not be ready to hear the truth that the answers may bring. Perhaps, then, without noticing it, you will live into the answers for which you began your search.