

Issue 1

Story Waters Weekly

Change I

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What Is Change?

In the realization of 'What is change?' lies the deeper understanding of both your *Self* and reality. Change is not a sub-component of reality. It is not a defined thing; definitions can only begin to point at the multitude of sensations that erupt from the experience of change.

Change is what you are. Change is what reality is. And as such it is as indefinable as the experience of life, of beingness, itself. By broadening your understanding of what change is so you open yourself to change; you open yourself to more of *All That You Are*.

You are changing, always changing, forever changing. You are change. You are changing the world. You are the world changing.

Change is like an energetic current. The flow (the unfolding that permeates all life) is a state of motion, a state of change, and if you can come to better sense its blossoming nature, so you will come to embrace it rather than fear it. By feeling the presence and opportunity for change so you can consciously choose to step into its flow of transformation, evolution and revolution.

To see change clearly is to see with incredible clarity, just how much of the difficulty and struggle that can occur in life, directly comes from resistance to change. In many ways it could be said that struggle *is* resistance to change. Whenever you feel yourself struggling ask yourself what are you trying to stop changing? What *change* are you resisting?

All fear of change comes from not understanding what change is. All fear is of the unknown. Within change is the unknown. Change is the unfolding of the unknown into the known. Change is the revealing of the evolution of beingness. Change is the future emerging into the present. Change is inevitable, and if resisted, it is felt to be relentless.



To release fear of the unknown, release fear of yourself, for you are the creator of your experience; you are the creator of all this change. Let go of fearing what you may create for yourself. Let go of fearing your *Self*. Let go of fearing change. What you fear in the unfolding change before you is a wonderful tool, a wonderful mirror, of what you fear in your *Self*. Let change be a mirror. See change as a mirror. See change as a mirror of your *Self* to see with clarity what change is.

The Dualistic View of Change.

Most people think of time when they think of change; the idea of things changing over time; what *was*, what *is*, what *will be*. When we speak of change in this way we break it down from the wider realization of the unfolding of life into something dualistic and linear. There is the constant (that which remains the same/static) and then there is change. The idea of something being constant versus something changing is a duality – a polarized scale that is used to perceive, categorize, and compare experience.

It is very interesting to look at the idea of *Self* through this particular lens. The *Self* is most often seen to be the elements of you that are not changing, those aspects that are constant. This is the belief that you are the part of yourself that is consistent. This makes sense in terms of trying to communicate to others who you are. It feels logical to describe what is consistent about you if you wish to have someone get an idea of what their experience of you may be. This does however lead to the idea that anything that changes too much in you is not really who you are; almost a sense that what is transient is not real or valuable.

Through this polarized idea we therefore come to not only define ourselves by what is constant, we actually tie ourselves to these kinds of definitions. We have come to set up our very nature to be something that resists changing in order that we may both experience and present a *consistent Self*; all through a belief that it is a 'better' way of being. Value has been put on being consistent in a way that for many means it is perceived as being superior in terms of stability and psychological health. In short, being consistent is rewarded, and being inconsistent is judged.

The Changing Self – the Multi-Dimensional Self

How has this come to be? When you look back at your sense of *Self* over time, how consistent is it? The changing nature of beingness has never been so fast, especially now when the experience of life has been accelerating to previously unimaginable levels. How useful is it at this time of world transformation to seek to be consistent within your *Self*?

In an ever transforming world is it not appropriate that the *Self* should be ever changing in order to thrive? Are not the world and the *Self* but mirrors of each other, mirrors of the *One* and the *many*? Is it not simply their nature to change together in unison, in harmony?

What is being spoken of here is the letting go of the comfortable idea of being *one* thing – *one* nature, *one* face, *one* voice, *one* perspective, *one* love, *one* choice. The *One* is the many, and you are the *One*.

The acceleration this world is currently experiencing is the result of the lifting of the illusion of separation. When we were deep in the exploration of separation it was entirely appropriate and consciously chosen to experience deep *singularity of Self*. But now, at this time of global transformation, we are coming to experience the diversity we have created within our *Selves*. We are each coming to experience the quality of having many natures. Within each of us is the potential to be *any*-thing and that equally means *many*-things. It is to realize that you do not have one set of clothes. You have many outfits that you can mix and match as you please; wearing whatever is best to suit the situation you find yourself in.

This is the time where we are coming to embrace our multi-faceted nature. Within each of us are *all* the archetypes. We are opening ourselves to experience the full nature of our multi-dimensionality. We have each lived many lives, and as the veil lifts so all the qualities of those lives are available to us within this life. We are each many in one. Within this life is the potential to be *the bridge that connects all that you have ever been*.

To become this *bridge of beingness* is to change the fundamental nature of your experience of reality. It is to step from the singularity of a consistent identity into the true fluidity of beingness. Attachment to consistency and

sameness is no longer helpful or appropriate if it is your desire to integrate *All That You Are*. In the embracing of change is the embracing of your multi-dimensionality. In the embracing of change is a new experience of the freedom that you are.

Embracing Change

You chose to birth at this time in history in order to experience the gifts of this change. All who are here have something to give and something to draw from the current state of the world. All life emerges with intent.

How much are you the same person as a year ago? How do you feel about that? How do you feel about this rate of change – the loss of consistency? What if you are to become a radically different person each and every year? Not having no core experience of *Self*, but forever changing clothes, changing faces, changing goals, changing ideas – having what excites you change. Are you ready to experience more fluidity of beingness?

This world is such a vital place. There is so much on offer, such experiences to be had. This time of change is the emergence of incredible diversity; a never ending unfolding of new richness. There is no end to the diversity that will continue to emerge; it is like falling into a fractal. This explosion of diversity is an explosion of change, where one thing becomes more – taking on more faces, more aspects, different flavors in infinite combinations.

Even though most see that diversity is to be celebrated there is still this pull towards the idea of unification. Realize that unification can occur whilst maintaining an increasing diversity. Indeed this is when you know you are transcending the boundaries that have arisen through the creation of singularity through definition. When you can connect across ever unfolding diversity then you are free, then you are free from the judgment that has so enslaved humanity; symbolized by religion in the idea of a judgment that you will face when you die.

The release of *Self*-judgment is inherent in granting yourself the freedom to be diverse, be different, be anything, be happy.

How do you feel about letting go of consistency. Letting go of needing to see things one way or be one way in your *Self*. There is a great conjunction of time occurring in this world. Inside your *Self* this is a conjunction of *All You Have Ever Been*. Lives, times, and realities are all converging in a union of diversity.

You are integrating from many different aspects of your soul, your spirit. The more you will let in diversity and change inside of your *Self* the more in the flow you will be. The more you will let yourself be a reflection and embodiment of change the easier life will be. To do this is to release fear of change such that you know yourself to be a vessel of change.

To try to be but one thing in a flow of change is to try and cling onto the rock in a rising river. It is time to let go of the rocks of static definition and enter a new experience of reality through the direct experience of becoming the flow of the river. You are in motion. You are in free fall. You are falling into freedom.

Fall in love with your ever changing *Self* and you will fall in love with this incredible world – this incredible explosion of diversity.

You are falling into the love that you essentially are.

Fall in love with change.

Thoughts for the Day

Allow this abundant, free energy to flow through you. Feel it – this change. There is change flowing through you; nothing you need to hold onto; anything that comes out, just let it go, you don't need it. Just feel this flow, feel this change. I am change. I am changing. I embrace change. I am change. I am changing. I love to change. I came to change. I am change. I transcend change. I am, a vessel of change.

We are each free in the scope of our creation, and can therefore choose to create limitation. Our choice is so powerful that we can choose to have no choice. We can choose to experience the *Now* as being caught up in our minds. And so it is that what we fear is simply that which we have not yet chosen to fully know. Like all things, fear is but the expression of our choice to experience.

Full awareness can only arise when you have let go of judgment; this includes judgment of what you may consider to be negative feelings. No feeling in you requires your judgment. No feeling is wrong. Simply allow yourself to feel it in order to hear and integrate its message. Do not judge what you feel and you will experience the joy of becoming fully feeling.

Being in this world is an amazing choice that you are making. Love and joy are as available to you as fear and suffering. What you experience unfolds from your choices. For as long as you believe it is right for you to feel guilty or shameful you will keep your dream at bay. Unfold the joy that you are. Joy is not something you must deserve. Love and joy are what you are.

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