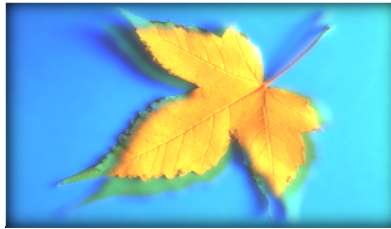


AFFECT CHANGE



*"Change is the essence of life.
Be willing to surrender what you are for what you could become."
~ Unknown*

The seasons change. We are in the autumn of another year. For many we are beginning to feel a need to hibernate. We want to pull the covers over our heads and snuggle deep into our own thoughts. We have watched birds as they flock to warmer parts and wondered why we couldn't accompany them, to just lift off the earth and escape. This is again an opportunity for us to stay in 'touch' and not let the seasons of the earth dictate our actions into complacency.

Maybe we think we have done enough or that because we don't know where to begin we simply don't. We often feel justified by something as changeable as the weather for not 'stepping out' of our comfort zones. It may be too windy or too cold or the sun isn't shining as brightly as we would like.

Inside of each and every one of us lies an explorer a voyager. If in our dreams we climb the highest mountain or traverse the most dangerous gorge isn't it also possible to be fully awake and do the same? Even when we feel the gentle nudge of our own spirit we want to snuggle even deeper into ourselves and leave the exploration to someone we feel is stronger and wiser and often braver.

We need only to tap into that place of confidence and assurance; a place that knows no seasons; a place that holds no judgment. What would happen if we no longer allowed the passages of our lives and the changing seasons to dictate our journey; if we no longer allowed ourselves to hibernate and made a conscious effort to stay in tune and aware of everyone and everything around us? And what would happen if we fought the urge to wrap ourselves tight in our own fears and instead stayed open to the gentle prompting of our Divine Self?

You may find that this season of your life holds the beginning of a new adventure a new discovery. A discovery filled with the passion of your very purpose moving along a path that is only lit after you take that first step.

As I encourage myself I encourage us all. Take this moment. Make no excuses. The weather outside is perfect. Embrace yourselves and your soul's purpose that whispers us forward forgiving our every obstacle every fear. Throw aside the blanket of complacency and choose to affect the world instead of letting the world and its seasons affect you.



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