

Shifting

"Life is like an ever-shifting kaleidoscope - a slight change, and all patterns alter." - Sharon Salzberg

With all of the shifts and changes happening in the world right now, which we have a front row seat to even if we are not part of them due to various media outlets, it is very easy to say "it is happening there." Over there, not here. That is unless you are one of the millions that happen to be living through these upheavals. We should all pay attention with keen interest as to what is happening, for it is part of our experience.

Part of being human is that we get to make choices. That little thing called free will. Our choices become the foundation for our lives. There is no right or wrong choice or way of choosing for all choices lead us to somewhere. They build upon our foundation and because we constantly are asked to make choices we are always securing our foundation.

Choices are made based on our emotions, which change depending on what we are faced with.

It is easier to watch from the comfort of our armchair and determine what choice should be made. We are removed from the experience, yet we still view it with mixed emotions which strongly dictate what we think is best in any given situation. If we were in the same situation would our choice be the same? We all have a responsibility to ensure we don't become dictators and believe everyone should have the same opinion as us or make the same choice as we would. To do so disempowers, not only that person but also ourselves. We must trust, that for whatever reason, the choices they are making are aligned with their highest good.

I believe it is hard for all of us to trust, given history to date, and to see how certain things have impacted our lives and continue to do so.

Right now many structures that have been in place for thousands of years are crumbling. The more rigid the structure, the more cataclysmic the implosion. The same goes for all of us and our personal lives. The more rigid we are in the structure of how our life should be or is, the harder we may fall. If you are in balance, you can view these changes as opportunities to move forward. You will welcome the imploding and carry on to build a brighter future for, not only yourself but also those who follow in your footsteps.

It is hard to imagine what people feel like halfway around the world or even next door when life, as they have known it for so many years, is changing. And not just a shift in the latest trend, but grand scale shifts that potentially will change how they live life. It is human nature though to go into fear mode. To see no possible way that the new could work and cling to the old.

Media uses this fear and builds upon it. Many can see their comfort zone eroding, and as their fear builds they send that out into the populous, with the hope and intent that if enough people get on board, they can stop this from happening.

It does not matter what period we look at in history. History has always made progress by some catalyst that was fierce enough to shift the whole. It left nothing to chance. It was all or nothing. Each brought change, people adapted, and prospered. People don't like change; they like life the way it is. Hence a

catalyst is often required. We find safety and security in what we know. New ideas trigger fear because we don't know what we don't know.

We are all born with a survival instinct. The optimum choice being to survive, no matter what the obstacles are, we find a way to move forward through them.

As you watch the world events unfold, or as you live through them, face them without fear. Hold your fear at bay and instead, see the potential hidden within the chaos. Remember good has come from the chaos; modern technology, the United Nations, medical technology, the right to learn to read and write, and perhaps most important that the world was round! History is being written, and it does not matter if we are "there" we have a part in it because we are "HERE" now, on this planet.

Namaste

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