

SPIRALING INTO CONTROL

EXPLORING THE 4-STEP BLUEPRINT FOR QUANTUM BREAKTHROUGH



Inner Change
ENTERPRISES, LLC

CONSCIOUS EVOLUTION FOR LIFE!™

5. CREATING SPACE FOR CHANGE

Consciously engaging change is not easy, for it requires that we push against the bounds of scientific law. The law of inertia states that an object at rest stays at rest, and an object in motion stays in motion ... until that object is acted upon by some other force. In our lives, the patterns at play, the attitudes we have, our behaviors and our beliefs have been set into motion through our historical participation in them. By nature, history repeats itself ... until the habits contained within that history are acted upon by intentional choice and, as a result, are freed from the status quo.

If we are to change any aspect of our lives, the “force” we are to apply is not dogged determination or brutishly bullying ourselves. Rather, we force the change by *allowing* it, by simply opening a space for it. Another scientific law states that nature abhors a vacuum. As we create an inviting space for change, our energy welcomes the shift, which in turn fills the void we have created.

So how do we welcome change? We must create a safe space for it on all levels of our being ... spiritual, mental, emotional and physical.

First and foremost, we are spiritual beings, so we begin by opening ourselves spiritually. We turn toward the Divine with more intent, more attention. Perhaps we pray or meditate more. Perhaps we practice contemplating the ordinary from an extra-ordinary perspective. Perhaps we journal or paint or dance or sing. We do whatever we can, whatever uniquely works for us in any given moment, to deepen our conscious contact with That Which Is bigger than we are.

An inevitable result of such consciousness is awareness, particularly of the steady inflow of divine ideas. God is forever transmitting them. In order to receive them, we must make room in the mental realm of our being. We must be open to new ideas ... innovative ways of approaching the change that we hadn't previously conceived ... ways that may even seem foreign, strange, or even downright bizarre. Yet grounded in our oneness with Spirit, we trust that the guidance we receive is for the highest good for all. We open our mind to that mental shift.

In so trusting, in so shifting, we find that our heart opens as well, further inviting the change. As we trust, we release our attachments ... whether to other people, a particular outcome, or our preconceived ideas about the way the change should unfold. Creating a safe emotional space means letting go of all such preconceived ideas.

Once we feel ourselves opening emotionally to the shift, the only step left is to place ourselves in the vicinity of the change we intend to make. If we want to make a change, we need to show up for it. Do you want to improve your physical health? *Go* to the gym. Want a better relationship with your children? *Be* home for dinner. You'd like to feel more connected to God? *Sit* in your meditation chair. When it comes down to it, no change can take place until we physically put ourselves in its way.



Making room for anything new in our lives ... turning the tide ... requires our welcoming that change in multiple ways. Set the stage for change on all levels of your being, and you will experience a shift that is sure and grounded.

Peace, Love, Joy,

Diana

