

Change





**C**HANGE IS YOUR GREATEST ALLY in your personal journey toward spiritual transformation. There exists a popular saying that states, “If nothing changes, nothing changes.” Thus, if you wish to change your life, society, or even the world, you must set out on a voyage of inner exploration and change. This inner voyage will ignite a process of outer change benefiting you as well as all of humanity. The most beautiful gift in life is your ability to change your course, no matter what course you have taken up until now. You must always remember that the past is no longer real, therefore, the past does not have the power to hold you back from living the life you truly aspire to live.

Along your journey toward enlightenment, significant opportunities will be presented to you. Your task is to remain awake and grasp these concepts for use on your voyage. Every moment, every trial, every obstacle, and every so-called failure, is an essential part of your soul’s evolutionary process. It is imperative that you learn from

everyone and everything along your path. There are no coincidences in this world; absolutely everything you experience is meant to be part of your learning experience here on Earth. Absolutely everything is the way it is supposed to be. Right here and right now, only perfection is present in your life.

When embarking on your personal change expedition, it is vital to keep a few indispensable factors in mind. The factors listed below are not all inclusive, but they will help to guide you in your quest toward personal and Universal transformation.

- ❧ Discover the unique purpose that lies within you, and pursue this quest with passion and undying determination.
  
- ❧ Instead of sitting back and thinking about the profound changes you desire to make in your life, get up and take action.
  
- ❧ Action is divided into small mindful steps that lead to your desired goal. Always remember to be present during each moment of the process, rather than obsessing over the desired goal. (Much of our life is bypassed when we engage in tunnel vision, simply seeing the end rather than being conscious of each step of the process.)

- ☞ Change for the good of humanity, without projecting selfish outcomes.
- ☞ Change will materialize in your life as long as you consistently apply hard work, persistence, determination and the virtuous intention of helping other human beings. (If your objectives are not aimed at helping humanity, they are meaningless.)
- ☞ Always strive for excellence, going above and beyond what is expected of you.

Now, move forward and begin manifesting the lasting changes you desire in your life.

*You must be the change you wish to see in the world.*

Gandhi

### **Meditation**

Many people relax by sitting down to watch the nightly news or their favorite sitcom, often criticizing the world and society. The problem is that these people just keep sitting. The solution is not to sit, but to act. Take control of your life and your purpose, and begin to live it passionately. Within you is a piece of the puzzle that acts as a catalyst to transform the world. Don't just wander along the delusional path of society. Get up and act, believe, demonstrate, or do anything else that shows the world the remarkable changes that one human being can create.

### **Real Life Application**

Contemplate the changes that you would like to see in this Universe. Be sure not to allow the pessimism and negativity of your mind to disrupt your vision for a better world. Look within and plan to make a small change within your being. Believe that this change has the potential and energy to initiate transformation within humanity. Each human being's individual actions affect the directions that the world travels. Remember, you are a powerful part of the cosmos.

*The biggest room in the world is the room for improvement.*

Japanese proverb

### **Meditation**

It doesn't matter who we are (or think we are), what we do for a living, how much wealth we have amassed, what incredible achievements we have accomplished, and so forth; we continuously have room to work on growth and development. Never give up on your journey of self improvement; there are always opportunities for growth. Those who believe they have nothing to work on happen to be the individuals that require the most in-depth work.

### **Real Life Application**

Honestly assess your inner world and define a part of you that you would like to improve. This inner quest must be sincere and complete. The first step is to shine light on those areas of darkness that you may be hiding from and acknowledge their presence. From there, you can finally accept these aspects of your being and begin working on transformation. This internal work is the core of the spiritual life.