

On Choosing a Path of Change

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Why choose a path of change?

Because pain and suffering and ineffectiveness in life are unfulfilling and optional.

Because being in unhealthy situations consumes energy.

Because peace of mind is a worthy goal.

Of course we don't have to choose change.

Everything could be "just right",

Or we could be satisfied with the "okayness" of what is, or may be.

We could be stuck in a grand illusion that this is the only way life can be.

To choose a path of change is to start a difficult journey.

We must face unknowns, yet have confidence.

We must meet multiple realities with understanding and compassion.

We need to be in "it" to work on "it"

And above "it" to see "it".

Our self-imposed barriers face us like mirrors –

And the glare is often frightening and sometimes debilitating.

We experience many tensions

... between self-doubt and desire

... between the wish for speed and the need for patience

... between working on change and letting it move gently forward

... between optimism and practicality

... between asking questions and answering them.

At times we must be on the path alone,

For our supporters can never experience the journey

In the same way.

We live in an emotional kaleidoscope:
We experience anger, frustration, joy, confusion, anxiety,
And pride in progress.

The path of change is rarely straight –
We must continually
Negotiate turns, curves and crossroads.

On the path
We discover what we need to let go of
In order to move ahead . . .
And then fight our resistance and live our grief.

The path of change needs both the head and the heart –
The head for direction and the heart for courage.

On the path we can't be perfect –
We slip, fall back and struggle.

But when the dust settles and the toil is complete,
The personal change process pauses,
And we experience and enjoy a new reality
. . . creating a stronger soul
to face the on-going challenge of change.