



THE CHANGE

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What is change?

Have you asked, what is the function of change in our lives?

Are you afraid of change? Do you allow yourself to break schemes and always go in search of new experiences and challenges?

The ability to change is an innate ability in our lives. We are really changing all the time, our body every moment is different, it is renewed, it changes. Also, the mind, thoughts and emotions; we can see it in nature, in the climate the change is a cycle permanently.

The idea of this reflection is to make us aware of the importance of seeing the change in an evolutionary way and allow us to do it consciously, to speak about it and to act. We live in a constant world of changes. However, we do not see them, we cling to old ways and the idea of "I want this to last forever."

How do I interpret the change?

Change is synonymous with "crisis", which can be from the simplest to the most transcendental. Crises give us the opportunity to realize what must be changed at all levels; in our habits, in our relationships, in the workplace, in everything. Today with the technological and scientific advances, the changes are faster and more evident. Life invites us to change, makes everything easier, we evolve, and we are changing beings.

Some ideas on how to favor change in our lives:

Live in the present: The day is today. The change is now! We have power at every moment. Inspiration is something unique and appears in the present moment and we must take advantage of it. Life flows forward. Today is a wonderful time that opens many possibilities to live fully and enjoy new things. The changes are given in the present, because if you leave them for tomorrow they never arrive. Nor is it useful to live on the glories and defeats of the past because now you are a new person, you can take the good and move forward, learn from the experiences and enrich them today.

Change habits: Habits are forming values and attitudes. For example, change the routines and schedules of doing things, try new flavors, take different routes to get to the same place, or see new programs and listen to all kinds of music, meet new people, travel, learn a new language, an art... You choose What are you going to change? What do you choose to change?

Take a positive attitude: Having positive reasons to change, motivation and emotion are the drivers of change, activate dreams and release endorphins that help break the monotony and create new experiences. Love for ourselves gives us the strength to change.

Believe in yourself: Improve your self-esteem, this gives you the opportunity to strengthen the confidence in yourself the possibility of leading your projects and your life. Strengthens self-determination, and the ability to achieve. The responsibility of our life is something that we cannot yield to any person, entity, creed, or situation. If we expect the other to change to make me happy, we will never be authentic, we will be outside of external circumstances, it is a non-transferable personal mission. I am the generator of my changes.

Face the fear: The fear drowns our dreams. Fear destroys self-concept, self-esteem and the will is broken. Fear is the "comfort zone" that does not let us get out of that situation we think we know, where nothing happens, where it seems we are safe. How to overcome the fear of change? We can start by wanting to change and try it until we do.

Change is achieved when we realize, when we become aware and evaluate what we fear, and we face it, when we love and defend our autonomy, when we are able to take responsibility for our lives.

When we acquire the ability to make simple changes in our lives, we prepare ourselves for when important changes have to be made. The evolutionary cycles of life are natural, and you have to live them, however, we have been postponing them and that creates resistances that can manifest themselves in the form of stress, appearance of illness, depression, fears, among others.

Change favors life and the continuity of everything that exists; It has an evolutionary, dynamic function. The most important benefit is the possibility to **grow**, to be happy, to enjoy the new, the possibility of building your environment and everything you want. When we change we give ourselves the permission to **choose** our experiences and to improve ourselves, to develop skills that we did not know we had and to create new experiences.

We simply give ourselves permission to live fully, free from fear. we stop suffering to start enjoying the beauty that this life has for everyone. There is no formula to achieve change, because we are unique, and the good news is that we do it by being ourselves.

"The first change is the most difficult, the second is easier ... A small change brings a cataract of changes ". Bernardo Stamateas. "Mental knots."

"People say: " if you do not like your circumstances, change them ". I say: "if you do not like your circumstances, change." By changing you, you will be changing them.

If you want to change your circumstances, change yourself. If you want to change your environment, change yourself. If you want to change the world, change yourself.

Be the change you are looking for. If your environment does not give you what you want, change to provoke it." Anxo Pérez. "The 88 steps to success".

"Be the change you want to see in the world". Gandhi

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"Every authentic change is made without any effort, the human person has fabulous energies in reserve, for when he needs to start them." Anthony de Mello.

"Life continually demands us to make decisions, it always demands new answers, we have to get used to change, to flow, to adapt." Javier Urra

"If you lost the direction of your life, give yourself a break, give yourself time and space to analyze what is important to you." Anonymous

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