

About Change

Zo helder verwoord door Lorie Ladd!

'Change is perhaps one of the most natural things that arise in each moment. Change happens in every single moment. The more that we have faith in this FLOW STATE that we are in, we will recognize that we can let go of trying to change and that change will arise in the now.

Imagine, you are going down a river, flowing. No two spots are the same. Every moment is different and you have so much faith that you will go with this river flow.

Why don't we do that with life? Be in a flow state. Present in the moment with faith. It doesn't mean that you don't have your thoughts, emotions, behaviours and patterns. When you gonna flow in the river, you gonna hit boulders and have to figure out how to pass them. It keeps going, that's the profound thing about water. It doesn't stop. Your energy as well. You are water. We are taught to believe that it is our job to figure out to get those boulders out of the river and we grab them, attach to them. The boulder can be an emotional state or a thought that you don't like or a job that you don't like or a relationship that doesn't work and so on.. Everyone has their boulders. You spend hours, days or maybe years how to push the boulder out of the river. And you can get going. Maybe it works, but it will cost you enormous energy and suffering. And then another boulder comes. It is not a natural state to get rid of the boulders by trying to change it.

Recognizing what you are hitting against, awareness. You feel the boulder, fully vulnerable, you recognize it, you acknowledge it. You become empowered by doing that. Faith comes in and life shows you what's next. You hold intentions and awareness in what you are opening up to. Remembering this flow. Observe and be aware what you are in without a judgement around it. When you just allow the natural flow of that water to move you, you are calm, still and at peace. You know that you are safe even when you hit a boulder. You are the river, doing life in the river. A flow state of surrendered action.'

De foto 'Aare' is een van mijn eindwerken van de kunstacademie, a long time ago :)