

How to See Change

by Thurman E. Scott

When we reflect on the word “change” we are confronted with various complex reactions. It’s exciting and foreboding. Change is exciting because it gives us a chance to redefine ourselves. We struggle against it because it represents the unknown which makes us fearful. The process of change will strengthen our trust and faith and allow us to create a new definition of ourselves. That possibility will stimulate our inspiration which makes us feel hope and gives us the courage to find a new vision for our lives.

Change means different things to different people. People who are changing must be aware that they may be supported by going down different paths, as long as each individual achieves a positive result. On a personal level we must practice care and support, not criticism and judgment. From a political perspective, the elected leader must govern with understanding for individuals who have a different political point of view. In both cases embarking on the journey of change has the possibility of producing fear and resistance because with change we are always dealing with the unknown. That is why we say it is a complex process. The most important behavioral pattern is patience and understanding of difference, because it is difficult for one person to look into another’s heart and understand the particular conflicts that they encounter as they approach the unknown. But if we have compassion and understanding, regardless of whether it is political or personal, the nature of change will bring each individual to their own particular place and time of acceptance.

We must remember that regardless of the struggle, change is a great gift - - we get a chance to start over, redefine ourselves, and experience the possibility of claiming more of who we really are. Doing the same thing over and over without the opportunity to find new dimensions within ourselves stifles our inspiration and curiosity. And so we don’t feel our sense of adventure and our existence. Time is constantly changing and moving into the future. Our pain comes from our resistance to aligning ourselves with the natural, afraid to take a new direction. But when we break away from the everyday structure of uniformity our spirits inspire us and give us the faith to confront the unknown. We feel the power of hope, which gives us courage to move forward.

We must accept the fact that change will always be good. Sometimes it takes time to see its rewards. But when you realize that change has the possibility of lifting us out of the constant sameness of our everyday, dried up, unenthusiastic activities we will then understand that change is a natural progression of human progression of time.

When we try to hold time in its place we stop being touched and inspired by the vibrancy and many dimensions of any given thing, idea or situation. The reason people say that there is nothing truly new is because we always regurgitate old concepts. We think they are new because perhaps we change the structure, but at its core it is the same old concept. For example, many movies today are sequels. On the surface, it feels safe to keep doing the same thing over and over. But then nothing inspires us. The dried up ideas diminish our curiosity. Our passion lies dormant leaving us aimless with no direction or feeling of power.

When we dare to accept change everything around us has the potential of looking different. We are touched by the newness

and then we have the possibility of seeing the essence in all things. Everything on earth that has been created has a natural vibration and progression. If we connect ourselves to the power of our natural selves and see the vibrancy in things around us we will gain an understanding and a dimension of the life force which will enhance a powerful feeling within us. And when we feel a new definition of ourselves we will experience and accept change. It's as if a cover is removed from our eyes and we're able to see and experience a deeper understanding of what has been there all along. This is what is meant by the expression "having a new definition of ourselves." Not only ourselves, but things around us will exist differently. This recognition and insight gives us energy that enables us to live a more purposeful life. Awakening passion in our expression acts as fuel to propel us to overcome the challenges that lie in our path.

A society or individuals that stay locked into uniformity lose their way and ultimately destroy themselves from within because everything becomes complacent; therefore, the hope and curiosity that would propel them to look beyond are not stimulated. The journey of change reinforces the trust we have in ourselves because as we travel forward, we overcome moments that are initially fearful, and we end up feeling more secure as we have awakened and reinforced our faith.

Faith strengthens our resolve, makes us feel that everything will be all right and encourages us to align ourselves with the natural progression of time and movement. Time then becomes a partner and has a relationship with us as we move into the unknown. Fear loses its power and we see it for what it is - - illusion. We start to feel, see and understand freedom. To be free - - to move, express, create, discover, be curious and exercise our passion and compassion - - is the natural inclination of human existence. Unleashing our naturalness and aligning

ourselves with our human flow of movement acts as a healing force and brings harmony to our being.

We have developed many ways to resist change. We fight against its never-ending tide. We embrace it in a way that says we must abandon everything in our past, which is wrong. We must have responsibility with change. We must not abandon everything just for the sake of abandoning old things. We must see what works for the new and put aside what no longer serves us. We must remember that humans are blessed and also cursed with memory. Meaning we are always connected to the past and the present, and the present is not only influenced by the past but also the future. Wisdom teaches us that understanding the past and accepting the present help us to prepare for the future.

The pain and struggle of humanity comes from the mistaken belief that we must hold our existence in one place. From a metaphysical perspective the body is in constant change. Our emotions and minds are bombarded with different images every day, and curiosity runs rampant in our imaginations. So if we put up a wall against this inner movement of the life force, the force of our energy doesn't go out to meet the tangible challenges that lie in front of us. It implodes within us, shuts down our expression, holds us in place and makes us feel that we are locked as a prisoner within ourselves. This makes our bodies, minds and emotions neutral, thereby putting us into positions where our energy and emotions do not actively flow. When our emotions and energy are held inside without expression, the tired, stale and misplaced energy attacks our inner being. We are left exposed and sickness develops, because we are locked away from the natural flow of energy, health, beauty and magic that sustains us. And so we see that if you don't practice change the spirit is weakened, and old, tired energy and expressions of sameness leave you exposed and

create the possibility of physical, emotional and psychological sickness.

When we take the wisdom of the past, accept the present and envision the future, this helps renew our spirits and gives us the confidence to seek new things in our every day human expression. It is that curiosity that allows us to find different insights that excite us and reveal new definitions of ourselves. We start to see ourselves in a new light with a curious and inviting self-evaluation. This enthusiasm to reexamine self allows us to find a deeper understanding of old concepts and encourages us to investigate new opportunities. In the process we reveal more of our soul to ourselves and to the world.

One of the greatest expressions that humans long for is to be able to contribute something of themselves to the world that is lasting. Human beings are endowed with a profound, sometimes unexpressed desire to honor an idea that is bigger than themselves, their family or community - - something that is part of the collective consciousness to help uplift the country. Our patriotism expresses itself through Americans' strong moral fiber and the willingness to tackle and overcome the challenges facing each particular generation. At various times in history our presidents have sounded the clarion call to awaken us to the challenges that confront the particular generations of that period. President Kennedy confronted communism, civil rights and the frontiers of outer space. This gave people something to believe in and organize around, and touched and inspired the bigger ideals that vibrated in their souls. Every day citizens had an opportunity to express their views on the issues, pro or con, and they became bigger people because they had to take a stand.

We are now on the precipice of picking up the gauntlet of today's challenges. This is a profound opportunity for us as a

people because it gives us a chance to test ourselves. This will reveal to us the sternness of our character and the constancy of our commitment. Accepting this challenge will wake us up. Families, communities, states, countries and the world will benefit from this raising of consciousness, envisioning an ideal and making a commitment to work towards helping bring something to fruition that is much bigger than the everyday consciousness of "meism" that has sometimes been at the forefront of our decisions in the recent past. In this process we will envision and discover a new insight within ourselves, which will then inspire us to be more loving and committed to our loved ones. Most importantly, we will discover a new insight into our own existence.

We must see our challenges as opportunities that will reveal a deeper expression of our uniqueness and a more profound understanding of our individual potential. With that feeling of power we will have hope. This will inspire us to reach beyond and walk into the unknown with faith and an assurance that together we are contributing as part of a collective to bring forth and make true in a tangible way the dreams of a more just, humane and enlightened society. The right to pursue these dreams was set down in the tenets of our Constitution. But we will reach our dream when we embody the beautiful human mosaic that we have longed for. The achievement of this togetherness will give us the confidence to march into tomorrow with a sense of courage and assurance.

This is the path where change and creativity can lead us. As a person who has spent many years teaching and developing individuals, I often say that creativity is the great equalizer. For example, when we sit and listen to an individual play a great musical composition or listen as he recites a great expression of poetry or prose, we don't stop to say "did you know that he

comes from a less fortunate background?” We just listen to the power, beauty and passion this expression stimulates in our souls. As we leave the collective assembly we feel inspired by this great demonstration of individual skill and power. We know that this person was not born into the elite class, but along the way someone cared to invest in him so that his great creative gifts could be developed. So we see that creativity is the great equalizer and that by developing our creativity we will go a long way down the path towards change and helping the dream come true.

Each one of us can do our part. If we bind the seams of our difference together we will discover that the conflicts which threaten America - - economic downturn, joblessness, shrinking of the pie, fear of the finite and the ever unfolding fear of terrorism - - cannot harm us because in reality we live with a commitment, power and consciousness of infinity and renewal. If we come together as a people these nagging fears cannot and will not bend us, break us or stop our great march. Our spirits and commitments will be so powerful within our families, communities, states and country that the world will feel the vibrating consciousness of we the people. And nothing will be able to shake our spirit or commitment as we march toward the ultimate fulfillment of the longed for dream.

Losing this fear will enable us to see our significant others in a more complete and less fearful manner. Your wife, husband, son, daughter, mother and father will get a chance to engage in a newness that is coming from your behavior and the family structure will be enhanced. Today a lot of pain and fear comes from individuals refusing to accept new behaviors and expressions from one another. We say to ourselves “I know everything I need to know about my family. How could they do anything other than what I’ve been experiencing for the last 20

years? There aren’t any new dimensions in our conversation and I’ll never be surprised by anything that comes from them.” This belief kills our relationships, and affects our jobs, city, country and the world in the same way.

Embracing change and accepting a new definition of how we interact with one another will create curiosity towards one another and will engender a more lively connection. We’ll accept that this new expression coming from my wife, husband, son, daughter, father is different. That stimulates something new in us because they demand different things from us and we from them. An awakening will then take place between us. Sometimes we rediscover what we felt once a long time ago, and with that we are reinforced to love more deeply and to be more committed to ourselves and our loved ones. With this understanding, hope and inspiration brim up in our daily activities and our interactions with one another. And we look beyond and take ourselves out of the old, stale, regurgitated ideas of yesterday.

So we’re talking about seeing things differently when you use your imagination, and seeing the life force in everything and the wonderful things that can happen in your life when you have the inquisitiveness to imagine. For example, look at a simple piece of wood floating in the water

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It’s a wonderful quiet day which brings peace and contentment to your soul as you walk along the beach. Everything is so quiet. As the waves dance and move gracefully across the currents, the beautiful movement of the ocean multiplies into symphonic rhythms. One can even imagine an enlightened one coming

down from that split opening in the sky, that place far away where the clouds part. This divine one would stand on the beach and conduct and organize the rhythmic movement that is silently expressing this flow and cacophony of sound that brings a powerful harmony to a raging soul. This symphony allows me to walk in peace and dream about the far away places that touch my heart, and prompts me to stop and listen to the beauty.

The power of the unknown, the mystery of the sea, the trillion upon trillion grains of sand that touch my toes - - they are all so touching and of such divine and earth-stopping moment, like the last look, gaze, sound and recording of that moment of truth when we give testimony to the final instant that the known of now and the unknown of where you're going make us finally prioritize the reality of the now. We can stop. We are forced to accept the moment. The mystery. The wholeness. The deepness of each moment. Because this is the last moment when our life flashes in front of us and we see the truth of our past and present. And with faith, acceptance and grace we can move into the future.

Ummm. I. Ummm. Ahhh. What's a? that? Sharp imprint. It's amazing. I can even see a lump under the sand so neatly covered. I can feel my presence in this spot. I feel so blessed that I can experience this moment. Umm. I can see. And I can feel. Humm. Most of my life I could not see, feel or touch, or be touched. But this blessed moment has given me the ultimate gift. The sea has allowed me to feel my soul.

I can see the imprints on the piece of driftwood under my feet. I can see the vision of its courageous history. It makes a human jealous and envy the freedom that this piece of wood has had in its travels. There's so much in this body, this human carcass

that weighs down the spirit. So much we have, so many complex and perplexing moments that rage at this human flesh. Oh my, my, my. What wonderful, indescribable beauty blinds my eyes and forces my soul to stop and gaze upon the majestic mystery of the sea's depths. How this wood bobbles up and down like a sea-bearing, free ghost who has not yet received permission to enter the gates of the new universe. It is told to soar, to travel around and to witness the mysteries of the Creator's creation before returning to the gates for the second try.

Wow. I'm so surprised by my vision and mind and ability to see the clear images of the deep. And the journey of this wood.

I'll just see if I can slide down this little embankment. Sand is all over me. No one will give me a hand. If only I could wash away the grit. What'll they do if they pick me up? They'll probably saw me in half or drive a nail in my head or throw me in a can of fire and burn me. And they'll never think to scatter my ashes. So the outlook for me is bleak. It's dangerous to shake the sand from my back - - hopefully I'll make my way into the sea. The good thing I have going for me is that the masses don't take time to look down and see where they're walking. So because of their unconsciousness it's possible I'll survive until I can make it to the water. It's been my experience I've been able to survive because things that seem to be immobile never get attention. But what they don't know is that we make ourselves still. That way an ax or a nail or a foot or the fire will not consume us.

Uhhh. Feels so good. That wave reaches itself onto the beach and licks the sand from my back. Ohh. Again. More. I probably should move because if I stay here the tide will rise and cover me where I'm buried. But if I uncover myself as I creep

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toward the water some lonely child, some unconscious being will pick me up and use me to start the barbeque. So I'll just stay here and wait for the waves to wash up. One must have discipline.

The grit is everywhere. In my ears, eyes, mouth the little cracks in my frame. I long to be washed clean. To be bathed, to be baptized. To reenter the water of innocence where all my past transgressions are washed away. And I can cleanse myself, get back to my basic spirit, my basic nature. Because just to visit the land corrupts my person. Oh, how I long to feel the corruption washed from my being. For water is spirit. It cleanses the soul and prepares you for the long journey. I'll just wait here.

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This is the power of the imagination. In the same way that you imagined the driftwood, you can envision your wife, your husband, your child, your household or your apartment. And then whatever is stopping you from feeling excited about life will lose its power, and the cell or dungeon where your curiosity, life force and passion are locked away will be opened. The imagination will allow you to embrace change so that your eyes will open and you will dream, experience the innocence of renewal and rekindle lost hope. Not only is it possible but it is probable that we will bring light into the shadows of our lost existence.

So instead of sitting looking through the window and wondering about what is taking place outside, join the activity and movement of the world. Work to help change your community

for the better. Uplift your country. Bring your ideas and passion, and see and experience everything you do being accepted. And know that the greatest minds and actions in the world have always begun with a first step.

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