



# DreamLift

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*a monthly newsletter from*

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## Navigating through Transition

Imagine you're on a journey rafting down a gentle river. It's easy and effortless. You may need to do a wee bit of steering now and then, but mostly you just get to enjoy the peacefulness of the ride.

That's what being "in the flow" feels like. People can be "in the flow" in their work, their health, their finances, their relationships..."flow" happens in all aspects of life.

Now imagine that same river takes an unexpected bend and you suddenly feel less comfortable with your journey. There's an impending sense of trouble. You feel afraid and vulnerable. Instead of easing into the new turn in the river, your "fight or flight" response kicks in and you desperately want to go back. You double check your life vest, grab your oars, and begin the frustrating process of trying to turn the raft around and head back upstream.

It's a fight. Every muscle in your body begs you to stop, to ease up. Yet, you thrash on with the misguided belief that you can actually succeed. You focus. You knuckle-down. You persist, persevere and perspire.

Some people spend months, years and even lifetimes fighting the flow of their lives. They struggle and strain violently instead of finding the ease.

Every time you face a transition, you have an opportunity. You can rail against the change, fight with it, push it aside, block it from view, or use whatever aversion tactic you have available. Or you can find the ease.

When the peaceful flow of the moment appears to be ending, riding the waves of the change could lead to a more beautiful outcome than you ever expected.

### **Playtime**

The next time you're feeling as though your life experience is going through a change (or if it's actually happening right now), try staying in the flow with the following three step approach. I recommend writing the statements to allow yourself to move through them completely.

**Recognize the change** with the following statement:

"I am aware that \_\_\_\_\_ is changing in my life."

Many times, people fall out of the flow because they don't accept that the transition is happening. They believe if they "look the other way", they can make it go away by ignoring it. My experience is the resistance only makes it feel bigger, uglier and more awful.

**Identify the feelings** you're having about the change with the following statement:

"Because of this impending change, I am feeling \_\_\_\_\_."

You will likely experience many feelings about the transition. Perhaps you're feeling afraid or vulnerable. Maybe it's more of a sense of anxiety or confusion. These feelings triggers the "wanting to turn around in the river" reaction to change. Many times, just putting a name on the feeling releases some of its power.

**Feel the ease of your desired outcome** with the following statement:

"When this change is complete and I am looking back at it, I want and expect to feel \_\_\_\_\_."

List all the feelings you expect to have on the "other side" of your transition. Think about the feelings of the gentle flow returning to your life. Imagine the peace and tranquility that will be yours.

And now, here's the challenge...could you allow yourself to feel some of those peaceful feelings right now? Even in the moment, even in the middle of the transition, even smack in the center of the uncomfortable feelings...could you just choose to feel a bit of the ease you know will come with the resolution?

And how about a little more than that?

Remember, even in the middle of change, the decision to feel one way or another is completely up to you.

*As you move through this transition, what feeling will you choose?*