



Today's Lesson
**Living in Process –
It's Called Change**
Power Point notes available at:
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Living in Process – It's Called Change



Someone once said, "Change is a process, not an event."

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Two approaches for those dealing with change in their lives.

God grant me the
Serenity
to accept the things
I cannot change, the
Courage
to change the things I can,
and the
Wisdom
to know the difference.

*God, give me the wisdom to
know who needs changing,
the courage to change them
and the power to make life a
living hell for those jerks
who I can't change.*

Living in Process – It's Called Change



There is a true story about how one person came to realize that dealing with change and having the wisdom to do so comes with using the power to make choices.
I met Bernadette Swanson in 1990 at Unity Village. This is her story on using the power of choice for changing her world.

Living in Process – It's Called Change

When I was still discovering what Unity was, one of the great revelations that opened up to me was the idea that I chose my emotions based on my thoughts. If I wanted to feel differently, I had to make new thought choices. This idea was so foreign to me that it shocked me the first time I heard it. Before, when I was angry or frustrated, I had always thought "that's just the way I am." Now I was told that I have the power and – more than that – the responsibility to make better choices if I want to live a happier life.

Living in Process – It's Called Change

I didn't like hearing that my choices created the stress and unhappiness in my life. I liked it better when I was not-so-blissfully ignorant and blamed life, circumstances, and the stars for my unhappiness. I actually stayed away from Unity for a while until I could absorb and accept the idea of taking personal responsibility for my life. The idea vibrated within me for months.

How much easier our lives would be if we could easily accept change and go with the flow.

Living in Process – It's Called Change

Now matter what happened to us or around us, we would simply observe and say, "Hmm! I understand, so that's how this is going to work." We would not judge the circumstance as happy or stressful. It's a nice ideal, but it's hard to actually live.

I was coming back home from a business trip recently with a group of fellow Unity employees. Everyone in our group was given a seat assignment at the ticket counter except for Julie and me.

Living in Process – It's Called Change

*Even the people who showed up a half hour after we did get seat assignments. We, **the rejected**, were told to get our seat assignments at the gate, "if they had any seats left." This wasn't fair I scream inside. So we waited in the ticket line a second time with another late-arriving co-worker. She was given a seat and we were told to again, "Go to the gate." I don't know what it was about our tickets, but they obviously had an invisible big black "X" across them that only airline people could see.*

Living in Process – It's Called Change

So off we went, less than pleased. I wanted to stomp and yell in frustration, but my social graces wouldn't allow me to do that. At the gate we were told that the flight was overbooked, but we could be confirmed on a later flight and we would receive a voucher for free future travel. I finally got a hold of my galloping emotions and calmed myself down. The thought occurred to me that I now had vouchers for free travel that I could use within the year.

Living in Process – It's Called Change

I had a high school reunion coming up and wasn't sure that I would be going because my family was already taking a trip to Connecticut this year. Here was my opportunity to travel to my reunion for free! My self talk went like this: "God is using this method to get your good to you, so stop complaining and say, "Thank you!" That put me in a much better mood, and I was able to actually enjoy my five-hour wait with Julie at the airport.

Living in Process – It's Called Change

One man in our group showed me an easier way to look at this situation. He volunteered to be bumped for the original flight just so he could get the free vouchers. He signed up for change and created a way for his good to come to him. He didn't see the situation as stressful or unfair. He saw it as an opportunity for accepting the abundance God has prepared for everyone. What a novel approach!

Living in Process – It's Called Change

You can't change the direction of the wind, but you can adjust the sails to reach your destination..



Change is like the wind, it comes to us all. It is our power of choice that determines how we react to and use it that gets us to where we need to be.

Living in Process – It's Called Change

*You must take
personal responsibility.
You cannot change
the circumstances,
the seasons,
or the wind,
but you can change yourself.*
Jim Rohn

Everyone has a story about the changes in their lives. And with each story one thing stands out as the basic fundamental activity that is needed to make any change happen:

Responsibility

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If you or someone you know wants to begin making the changes that will lead to developing a sense of well-being, peace, order, harmony here are a few suggestions:

1. Making a change in how you react to those who try your patience: Try counting to ten before you speak.
2. If you are constantly getting upset with other people on the road to work: Find a different route to work, one that is less stressful.

Living in Process – It's Called Change

3. If you are looking to change your eating habits: Try having fun by cooking a new recipe.
4. If your life is full of stress and you need a way to destressing: Try blowing bubbles in the park.
5. If you want to reconnect with a family member of friend: Try calling or writing, have the courage to make the fist move.

Living in Process – It's Called Change

6. If the change you want involves trusting yourself to make the right decisions then: Try trusting your intuition and follow the guidance it is giving you.
7. If the change is for creating more time by allowing yourself to give up being a workaholic: Try giving yourself permission to let the creative energy flow, no matter what others may think.

Living in Process – It's Called Change

After all is said and done about change it comes down to this:

