



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.6, Issue 5, May, 2009
The Year of Illumination

Which Direction Are You Facing?

We are all on a journey towards self discovery. Some of us find the trip to be easier than others, yet everyone experiences upset, setbacks or some type of turbulence.

What determines the ease of our travel? Is it our upbringing or our financial status? Maybe it's our list of accomplishments or maybe we were just born to have an easy or a hard life. OR, maybe it is the direction we are facing when we are presented with change.

Martha Beck, Author of [Finding Your Own North Star](#), talks about using our internal compass to guide us. True North is where we are heading. That is where our actions meet with our desires to create the life of our dreams. Along the way, we may experience diversions, such as old beliefs which lead us away from our destiny. Remember the song "Row, row, row your boat"? Here are the words:

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream

What does this have to do with heading in the right direction? Life's journey, once mastered, is a gentle ride down the stream towards your ideal life. There will be trying times, but the ride is still downstream. Esther and Jerry Hicks talk about rowing against the current or resisting change in the book [The Law of Attraction, Basic Teachings of Abraham](#). When we are afraid of facing decisions involving change, we frantically begin rowing backwards in the direction of our past. We cling to the landmarks that got us to our present location, expecting them to once again guide us forward. But, in order for us to use those same landmarks, we must go back to our past, away from our North Star.

To find out how we can stay on course read ahead.....

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Charting a course for the ultimate future is what many of us yearn to do. Yet we are faced with the reality that it's not happening: or at least it's not happening the way we plan. Staying on course involves knowing where you are headed. Remember your North Star?

Recall a recent situation when you were faced with a change. Write down several of the thoughts or reactions you first had after learning of the impending change, such as a reduction in pay or hours. Next, review each of your answers to determine which ones were moving you towards your desires and which ones were pushing opportunities away. Lastly, focus on your desires and align your beliefs, then take action. Let's use Tony as an example.

Tony works for a large company and regularly puts in 60 hours a week. He has a 2 hour commute each way five days a week. He rarely sees his children during the week and seldom has time to spend with his wife. One Thursday Tony was told his position had been changed to part time (30 hours per week) with a salary to match. The company has elected to down grade positions in order to save jobs.

Tony is devastated. The first question Tony asks himself is WHY me? Next, he is seeking someone to blame for his predicament. Tony begins to think about how things used to be and yearns for the routine that was taken from him. Tony worries about their finances. He's angry that his company would treat employees that way and feels betrayed and devalued.

After two weeks, settling in to a new routine which gives him more time with his family, he starts to think about how he'd start a pet care business. This is something he and his wife have been dreaming of doing after early retirement.

Once Tony got out of reaction mode, he realized several things:

- WHY is looking backward for someone to blame and is focused on the outer world (not within ourselves).
- WHY is a coping mechanism which restricts our ability to go north-it turns us backwards seeking familiar landmarks instead of venturing forth.
- WHY is rowing against the current. It expends energy with little or no positive results.
- WHY is holding on to the past instead of embracing the future.

Facing north means asking "What is this change bringing to me?" Use your imagination, courage and intuition to discover what else is possible for you.

The choices you make determine your results. Decide to take action ! Contact Renée at Renee@landofpossibility.com or call 866-337-2728. to experience a sample coaching consultation. All rights reserved. This may be reproduced with copyright statement and credits intact.