

5 Fundamental keys to Succeeding At Changes

1. *ACCEPT THE CHANGE*
2. *INNER PREPARATION*
3. *LOOK FOR SOLUTIONS*
4. *ALLOW THINGS TO UNFOLD NATURALLY*
5. *CREATE A WORKABLE SCHEDULE*

Introduction:

We all go through regular changes because it is the path to continuous development and inner maturity. Most changes such as the developmental stages of physical growth and bodily changes are usually accepted as natural occurrences and therefore happen without any resistance.

On the other hand, when a change is suddenly sprang on us, such as getting layed off work, we find this difficult to accept and put up some resistance out of fear and uncertainty. Nonetheless, our life will be much more joyful, peaceful and bountiful, when we could learn to embrace changes because it is part of who we are, which is, a natural transformational being.

The following are 5 elements to help you transition changes successfully. These elements are governed by the natural law of motion.

1. Accept The Change:

Being able to acknowledge a change, without criticising or judging the situation or yourself, is a great way to demonstrate acceptance. In order to be able to accept a change, it is important to stay open at all times. By harbouring an attitude of openness, you will invariable recognise that you are constantly experiencing inner changes. These changes help you clarify your thoughts, ideas and observations, which then allow for new adjustments and conscious inner shifts as necessary.

In accordance with the natural Law of balance or equilibrium, our inner changes have to be in concordance with our outer environment for optimal vibrational harmony.

So, by welcoming whatever change you may be undergoing, you align yourself to the natural flow of movement which keeps everything in motion, you inclusive. This first step allows you to be at peace with any change, because it serves to remind you of your growing.

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Remember that when you resist a change, this only renders it more difficult to move forward swiftly. Your creativity diminishes and you find yourself stuck. This is because whatever you resist persists.

2. Inner Preparation:

Sometimes when a change occurs we feel compelled to do something about it and seek out immediate options.

After observing many people as well as from my own experience, I believe that the ability to successfully handle a change will depend on how well you are able to go into yourself and do some basic inner preparation.

Jumping ahead of yourself and trying to find outward solution at this stage is nothing but a sign of panic and fear. This action often backfires. Why? Simply because it lacks the essential substance: clarity!

By all means, seek advice, learn new things, connect with other like-minded people to broaden your mind and to get out of your comfort zone. Just be conscious that you are sampling all these experiences to prepare yourself for your 'new path'. Do not let others talk you into what to do, or when and how to take action. Your spirit, or your inner self knows best when the time is right and how to act. What worked for others may often not work for you.

It can often be intimidating hearing what other people have been able to accomplish in a relatively short period of time. You are not them and inner maturity differs from person to person. So become attuned to your own inner perception, which is your best teacher.

I have listened to many people talk about their successes and how they got there. One thing that always stood out in my mind's eye is: "that is their chosen paths and not mine". So be prudent!

This, having been said however, does not mean you cannot learn from them. Learn what you **want to and can** learn and leave it at that. I have often perceive a sense of confusion among some people starting out on their own, as they struggle to integrate what they hear from others into their lives. This tends to generate pressure.

Dissipate that pressure and try not to put a time tag on your period of inner preparation. This, as with all natural processes varies individually. Simply observe yourself and when you are ready to move into action, you shall know, because your inner guidance will surely prompt you.

3. Look For Solutions

Most of us have learned to focus our attention on problems and what we don't have. When a change occurs, it is tempting to want to wallow in all the present mishaps and how we feel. This of course is human, but if you want to get beyond self indulgence and self-pity and move into constructive attitude then you will need to re-focus your mind.

Begin by realizing that you cannot move forward by burying your head in the problem while going over it repeatedly in your mind.

In the period of your inner preparation, look for new possible solutions even if they seem unusual or out of place.

Sometimes it is when a change occurs that our inner imprisonment in which we have unconsciously held ourself for too long loosened. Our soul finally takes a surge forward and gives us a glimpse of its real nature and needs.

Everyone has solutions to their problems or changes tucked away inside of them, you only need to uncover them. The inner preparation can also help you in uncovering your solutions.

Once you allow your intuition to come alive again and work for you, you'll discover that numerous solutions will simply start popping up "out of the blues".

Your inner self whose tool is the intuition wants you to activate your inner ability. The more you utilize this tool, the more effective it becomes and it will serve you with the greatest reliability.

4. Allow Things to Unfold Naturally

Once you start to feel the inner urge to act, check this out with your inner sensing by asking yourself: "do I know what action to take, and do I feel excited about it"? My guess is that the answers to both questions will be positive. That is the cue that you have done a great job with your inner preparation.

This is because your inner core, which is your Spirit will only give you the signal to go ahead and take the next step when you are fully ready and not before. A strong characteristic of spiritual unfoldment and enlightenment is upsurging joy and excitement.

For example, whenever I am in doubt about anything, I simply go into myself and seek inner guidance. When I hear an answer, it is always accompanied by excitement, joy and an inner surge of energy which makes my whole body tingle. This energy-surge always leaves me feeling clear, peaceful and purposeful. Just as it did when I started writing this text.

What you only need do after that, is take the action that feels right while you continue checking out with your inner guidance. Follow up with any related actions and get out of your way by allowing things to unfold in their own time.

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Of course, you remain alert and vigilant, while continuing to do what you need to do with focus, calmness and certitude.

5. Create a Workable Schedule Plan

Once you become clear on what action you next need to take, it is easier to focus on setting a plan to accomplish your objectives.

Create a schedule by writing down all the plans that come to mind point by point. Then be clear in your mind to put each action fully into effect before moving on to the next action. This helps to discipline and train your subconscious mind.

If you are not sure about the span of time you require to see the first action through, simply do your best without putting yourself under pressure. When you get to a stage where you feel content about the action you've taken, write this down and move to the next related action.

Do this continuously until you've been through all the action points you wrote down.

It is wise not to cramp in too many action points on your schedule at the beginning. Getting through a workable schedule plan of 3 -4 action points with satisfying results makes you feel better than having 10 action points and no results.

So remember that the goal here is not to achieve more at once, but to be consistent and focussed for gradual results. Which invariably will motivate you to move forward with greater confidence.

Wishing you the strength to accept whatever change you are now experiencing. Allow the change to unfold, have the inner clarity for your new path and the courage to fire the action and you'll surely transition your change successfully!

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