



10. WELCOME CHANGE

As the saying (by a Greek philosopher Heraclitus) goes,

“There is nothing permanent except change.”

The reality of life is that it consists of cycles
and nothing about it is static.

How we interpret events and changes
that occur is a completely subjective experience.

It depends on our own perspective
and the meaning we assign.

So, if you are currently going through a change
that does not feel like the best thing in the world,
please remember that this situation is very
temporary and that every ending is also
the BEGINNING of something new.

What might be trying to come into
and blossom in your life?



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