

## Change

Written by Gayle Nobel

Wednesday, 28 July 2010 10:55 - Last Updated Wednesday, 28 July 2010 11:09

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### Blog-a-thon Day 2

Change seems to be a recurring theme for the last several months. Besides all the changes going on within my personal life (especially with my kids), inspirational passages keep showing up in the books I am reading and some of the emails I receive. I plan to make “change” a recurring theme throughout this blog-a-thon, as well.

I have a wonderful deck of 52 “No Place Like Om” inspirational cards that sit on my desk. ([www.NoPlaceLikeOmYoga.com](http://www.NoPlaceLikeOmYoga.com)- Sandi Greenberg) Each morning I randomly pick a card. Usually the message is exactly what I need to hear for the day.

Recently, I happened to choose “Embracing the New”. I hope you will find it as inspiring as I did.

#### Embracing the New

“Letting go of the old and familiar, even when not serving us particularly well, may often be more comfortable than taking risks to change those things. Looking forward to new changes, new choices, and fresh starts fills us with hope, excitement, and often fear of the chances we might have to take and unknown territory we have to face. It takes courage and faith in ourselves and then some introspection to seek who we really are, to hear the voice of our heart, and then embrace the newness that awaits us.”

Sandi then goes on to suggest an action.

“Journal about what you would like to change in your life, what you want to let go of and stop giving energy to, remembering that “Growth demands a temporary surrender of security.” (Gail Sheehy) Ready, set, grow!”

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Love it! "Growth demands a temporary surrender of security." That's one for the refrigerator, isn't it?



Bonita Creek, AZ- Makes you want to "Breathe"; doesn't it?