

Bringing Change Into Your Life Part One

What is change? The Merriam dictionary defines change as:

Entry Word: change

Function: noun

Text: the act, process, or result of making different

Synonyms alteration, difference, modification, redoing, refashioning, remaking, remodeling, revamping, revise, revision, reworking, variation

Related Words amendment, correction, rectification; conversion, deformation, distortion, metamorphosis, mutation, transfiguration, transformation; fluctuation, oscillation, shift; displacement, replacement, substitution; adjustment, modulation,

So we see from the Merriam dictionary change is a transformation. A person goes from one state of rest or existence to another state of rest or existence. Presumably if one has arms, legs, eyes, ears all the rudiments for action one can make a change. But actually change does not involve the arms, legs, eyes or ears change involves the mind. After a change has taken place, these appendices may be engaged but they have little to do with an actual change in behavior or thought pattern. Change involves developing a specific attitude, a specific way of talking, a specific way of walking and a specific way of viewing the world around you. Change involves seeing yourself at the helm, in command (self visualization), telling yourself and others what you will and will not do. Change involves concentration, determination and will power. Change involves engaging the psyche the real you. For change to take place one must get in touch with the person that is deep within; the person we all call the real you. Modifications are made internally then change is seen by the world. Although the Merriam dictionary defines change it does not tell us how to change. The dictionary does not tell us how to get from point A to point B successful. What do we have to do to change a facet of our lives? How is change accomplished?

In order to make a change you need tools. You need a set of unique tools that when applied to your psyche you will not only change your thought pattern but you will remain motivated to change regardless of what is occurring around you. The tools you need to make a change to your psyche are not physical tools they are metaphysical tools. This point should be made clear it is the essence of change. Change must take place in the mind before that change can take place in reality. The tools you use to enforce a change in your life are those tools developed during maturation, adversity and contentment. Consequently, if you did not develop the necessary tools during these periods you will be deficient when it comes to making changes in your life. You may have to make adjustments in your life to implant the metaphysical tools you need so that you can make the required changes that you believe you need to make as you progress through life. Most assuredly these tools can be implanted through reading and rehearsing. Repetition is vital when seeking to change resistant behaviors, behaviors that have plagued you for a long time. Just because you are deficient of certain metaphysical tools and did not develop these tools during maturation learning is still possible it just requires a desire supported by an indomitable will. The world will tell you that there is no indomitable will. You must resign yourself to

whatever comes your way. Eat, smoke drink and be happy. How can you possibly make a difference? You are to finish your days filled with rage thinking how could life be so unfair? If you look at the lives of Cardinal Mundelein and Nelson Mandela and others men and women cut from the same cloth, you will see indomitable wills are possible even in ordinary circumstances. Men and women become extraordinary by just saying no and digging in for the backlash.

Imagine you are over weight. You have decided to lose weight. You are sitting at the lunch table and your girlfriend is eating a Twinkie and she offers you one. What do you do? What tool do you use to remain on course to do what you said you were going to do regardless of what is occurring around you? One of the tools you may use in this situation is determination (developed during adversity). You may call upon your determination to over come your desire for that Twinkie. The determination will make you recall how you hate going to the dress store not finding anything to wear or how bad you feel when you husband takes you out to dinner and you are afraid to see a baked potato. Another tool you may call upon is ostracism. You may decide to find another best girlfriend, one who has your best interest in heart; a best girlfriend that would never offer you a Twinkie to eat.

Now that we know a substantial part of change involve non physical tools we need to identify these tools so that they can be developed and used when we seek to change. So our problem now turns into the problem of how do we identify and develop these non physical tools and how can we keep them sharpen for use at all times?

Seven of the tools we speak of are described in Chapter 13, Preventing Violence Against Women, in Volume Two Part Two, Murder in The Family, of the series Do This In Remembrance of Me.

The following is an excerpt from that chapter.

If you do what you have always done. You will always be what you have always been. Pastor T. D. Jakes, 1996. Women must change. Yes, there are particular areas where the violence will be reduced but these areas are not the focus of what we are saying. What we are saying is women must change. Please read out loud the quote of Pastor T. D. Jakes. If you do what you have always done. You will always be what you have always been. Say it again. If you do what you have always done. You will always be what you have always been. Now substitute the word I for the word you in the quote. If I do what I have always done. I will always be what I have always been. Do see what we are saying. Say it again. If I do what I have always done. I will always be what I have always been. We are saying women can reduce the violence against women by 30% if women change. We are not saying women should make a particular change. We are saying women must change. In order to prevent violence against women, women must CHANGE. Women must evolve.

Now many of you are saying this statement is ludicrous. How are we to change? What are we to change? A person cannot change unless he or she knows what they are going to change about themselves. These people sound stupid. They say 30% of the violence against women can be reduced if women change but they don't say what areas women are to change. We say women must change. We can provide you with a list of situations that will be improved when you change. But these situations will

be the result of your change. If we said to you, you must loose weight that would be acceptable because you feel weight is one of the problems you have. If we said to you, you need to wear more make up that would also be acceptable because you may feel you could be more attractive using makeup. But when we say you must change you because agitated. You are not comfortable. You are in unfamiliar territory. The scope is too broad you do not feel sure of yourself. Things must stay the same with just a little modification. To go beyond normal modifications is uncomfortable.