

~~~~~  
LIVE WITH HEART... EVERY DAY!



~~~~~  
This newsletter is a feature of the [Living with Heart](#) website. It comes from me to you with the hope that it lifts you up as you journey on.

November 16, 2005

Welcome new subscribers and many thanks to all readers!

1. Greetings
2. What's new at Living with Heart
3. Healing Thought
4. Article – “More than a Leaf”
5. Tips to Ease the Healing Journey
6. Gratitude



~~~~~  
GREETINGS!  
~~~~~

Hello everyone!

The theme for this edition of the newsletter is change. It's a great topic because it's so big and the subject matter is so complicated. We really struggle with change. We love it, we hate it, we want it, we don't want it, we seek it out, we try as hard as we can to avoid it. And it never stops!

The process of bringing forth the change you want in your life is sometimes not an easy one, but it is a richly rewarding one. Many people who don't succeed in achieving their goal for change feel they have failed. I don't think they have.

I remember hearing a celebrity tell her story of going through rehab twelve times. On the twelfth try, it stuck. My thought at the time was, “How much better to go back a dozen times than try once and say it didn't work.” The first time was part of the twelve times and all together, it worked. Twelve times was her process. She didn't fail. She succeeded.

If you are finding it hard to make the changes you want in your life, and you feel defeated when you don't reach your goals, try shifting your commitment. Don't make a commitment to the goal. Make a commitment to the process of achieving the goal. The process, if you stay with it with real commitment, is what gets you there.

You have to want the change that reaching the goal will bring, and you need a plan and support. But when you're focused only on the goal and the plan, not reaching the goal can make you give up on the possibility. That is the exact time to remind yourself you are in a process. You can learn what this process has to teach you, and use what you learn to move further toward the change you want. Failure has nothing to do with it.

Hoping you're all well and keeping your dreams for change alive!

~~~~~  
WHAT'S NEW  
~~~~~

Please check the [HOME](#) page on Wednesdays for site updates. Check out the new [Weekly Inspiration](#) feature!

~~~~~  
HEALING THOUGHT  
~~~~~

“Behaviour is learned and can therefore be unlearned. Change is always possible.”

~~~~~  
ARTICLE – “MORE THAN A LEAF”  
~~~~~

Outside my house a few last leaves are dangling from the maple tree across the street. As I look upon this simple sight, I think about change and the complicated, love/hate relationship we have with it. We need change because it is the breath of life, and we want it – but only on our terms.



Change is as inevitable as the falling of the leaves in autumn. There is nothing we can do to stop it. Change is life and from particles to planets life is always moving. We are quite successful at creating the illusion that, in our relationship with change, we have the upper hand. We believe we need the illusion because it's what allows us to have a sense of control in our lives. Without control, we have no structure. We have chaos instead, and we don't get much done in chaos.

Most of the time change co-operates and does what we want it to do according to the schedule we set up for it. We love change and welcome it when it acts this way. But, it doesn't always.

From time to time it decides to remind us who is really in charge. The reminders are often far from friendly or gentle. They yank us away from what we know, hurl

us into the unknown and leave us floundering for control. Change, under these circumstances is not welcome. We fight it with all we've got.

Sometimes we cling like the leaves and fight out of fear of where the winds will take us next. Sometimes we're so deep in a rut we can't imagine what might exist outside it. Sometimes it may be that something bigger than us knows we need the fight because in the end it will bring us more light.

Sometimes we fight because we can't bear to give up the illusion of the upper hand. Meanwhile leaves turn yellow, seasons change, life goes on. Investing energy in trying to hold on to a past that has changed into a different present is futile. It is much better spent on healing the wounds of the past and making the present shine.

As fall completes its change to winter and the last leaves let go and flutter away, think about the changes happening in your life. Remember that unlike the leaves, you have the ability to choose your next step, no matter what blows your way.

Most important of all, remember this. You do have the upper hand. It's in the choices you make, about your relationship to change, and about the life you want to create. The illusion is all in the way you look at it.

~~~~~  
TIPS TO EASE THE HEALING JOURNEY  
(A feature of the [HEALING](#) page)  
~~~~~

**Create Comfort.**

It's important to have comfort on the healing journey. Healing asks that you pass through many trials along the way. It asks that you dip into your well of resilience and call forth your strength and courage.

Whether large, medium or small, a dose of comfort soothes the strain. Almost miraculously it shelters you and, even if only for a few moments, quells the distress you are going through.

Most often we think of comfort as something that we give to one another. We often overlook the fact that it is also something that we can create for ourselves.

When we take the time to go about consciously creating and giving comfort to ourselves, we are giving ourselves our love, and in so doing we affirm ourselves as beautiful, loving human beings. That is healing.

You can create comfort physically, emotionally, mentally and spiritually. You can find it in so many places – an old worn out pair of slippers, a prayer, a crossword puzzle, a hug, a meadow, even the thoughts you choose.

Wherever you find it, ease your healing journey and give yourself the gift of comfort every day.

~~~~~  
And always... GRATITUDE   
~~~~~

Gratitude nurtures the spirit...  
The nurtured spirit is strong...  
The strong spirit rejoices in love...  
Love is the heart of harmony.

Thank you for reading. All the best to you!  
Sally

~~~~~  
Sally Scott  
Editor, Living with Heart  
Copyright November, 2005  
Email: [sally@livingwithheart.com](mailto:sally@livingwithheart.com)  
Website: [Living with Heart](http://Living with Heart)

The Living with Heart Newsletter contains all original content written and copyrighted by Sally Scott. Feel free to forward it **in its entirety**. However, if you wish to use a specific portion of the content, please contact me to request reprint permission.

Any breach of this stipulation is in direct violation of International Copyright Law.

~~~~~