

Change is Growth

Reverend Jane Quirin

April 18, 2021

As you look at the chapters of your life, you know that change is inevitable. Both major changes and daily changes at work, at home, in relationships and certainly in our church! Just when we felt we were seeing the light at the end of the tunnel; here came change again---the pandemic.

Need I say more? We live our lives in the state of flux. Sometimes we hear it said that some people are so used to the chaos of change that even when life seems to have reached a smooth spot, a settled down state in their lives, they create chaos that “enables’ change. But why? What is it about the human personality that enables change in the form of chaos? How can one enable or accommodate change without creating chaos in one’s life? Well, of course you know. The basis of everything that happens in our lives begins at the **thought** level. If we can just harness that quietness of mind, then we can change our thoughts to change our lives. I know that we don’t like to hear it over and over that we are responsible for our thoughts both positive and negative. But we know of the self-fulfilling prophecies. It is said that if you continually tell a little child that he is bad, he might take those thoughts as his truth and be an incorrigible member of society. Yet we know the human spirit of the child who takes those words to not be evident of self and struggles through life to prove the opposite of being the best, the smartest, the most successful.

Change your thoughts if you would change your circumstances. Since you alone are responsible for what goes on in your mind, only you can change your thoughts. **Stay in touch with what is happening now, not what was.**

Yes, there are always extrinsic factors that can mold our circumstances, but when the intrinsic, the you inside, refuses to accept condemnation, you produce thoughts that bring what you know to be good for you. Change. One should never give up trying to change to be the person he was meant to be. One can only be old if that is what he thinks himself to be. If someone says to you, "This is just the way I am and I always will be." Our only response can be: "Ok, stay that way if that is truly the way you want to be!" The world will not change for one individual. What we resist, persists!

Paramahansa Yogananda uses this analogy to make the point about habits we say we can't change. He says that if you take a piece of clay in its soft stage; it can be molded to be that which you wish; but once it is fired, it can no longer be malleable. So, it is with a bad habit; if you have convinced your mind that you are set on the way you are doing something and cannot change it, it is like an already fired piece of clay. But if you break the molded statue or vase that has been created from the fired clay, and break it into small pieces and mix it with new powder to form a new clay; it can be molded into what you want it to be. So is it with your thoughts. Break them down into small parts, beginning to change the small things. Redesign you thinking and you can change your life. The minute you say I will not let this control me; you will be in control. Your strong will ultimately will produce the change. A wonderful affirmation: "I can change; I have the will to change; I will change." When you give yourself the option to

change, not because you **have** to change but that you **want** to change for what is for your highest good, you have given yourself freedom.

You've heard; "We are what we eat". Well, we truly are what we think. The greatest gift you have ever been given is your imagination. Picture yourself the way you want to be.

My niece recently had a change she never expected. Her young husband, viewed as a very strong man, had a heart attack at the beach that was quickly followed by a quadruple bi-pass. I reminded her to begin visualizing him as strong and healthy. She said, "Thank you for that reminder; I was visualizing gloom and doom for what my future looked like." Do you visualize gloom and doom no matter which way you turn? **Are you planting corn expecting tomatoes to grow?**

We can't get away from it. We are producing so much of our lives in their present form by trying each step of the way to think what it will be if. . . . Wipe out those thoughts of gloom and doom and visualize it the way you truly **wish it to be**. Not what it could be based on your fears. Base it on love instead. See what happens.

Visualize yourself as you wish you to be. In Wayne Dyer's book, "Wishes Fulfilled" he speaks of the woman whom he helped change her thoughts. She was diagnosed with a severe case of Bell's Palsy. She went from complete paralysis to being completely healed and paralysis-free. He taught her to be aware of what she was programming to the subconscious and the realization that the subconscious gives you whatever you are programming. He says:

When you experience anger, frustration, fear, doubt, worry, stress and so on, ramp up you're your love and immerse those negative feelings in a container of pure love. Simply choose to feel good because every moment of offering love

brings your little slivers of the subconscious mind into harmony with the all-creating one universal subconscious mind that is defined as love.

You can change your life from ordinary to what your soul is searching for: space, expansion and immensity. Let me emphasize that this is nothing the matter with ordinary. It means that you do all that your culture and your family has dictated as what life is about. You study hard to fit in; you follow the rules to fit in; you take on responsibility and fulfill your obligations, fill out forms, pay your taxes; get a job and do what every responsible citizen does to fit in. Then you invite your grandchildren into your life and ultimately die. There is nothing wrong with this life but if you are still listening to me instead of sleeping; you are entertaining change. Extraordinary---extra, ordinary—something in addition to ordinary comes from your soul searching for change that *expands* you. Being a grander version of yourself.

There is a time for everything, a season for every activity under the heavens:

A time to be born and a time to die, a time to plant and a time to uproot,

A time to kill and a time to heal.

A time to tear down and a time to build

A time to weep and a time to laugh, a time to mourn and a time to dance.

A time to scatter stones and a time to gather them

A time to embrace and a time to refrain from embracing.

A time to search and a time to give up.

A time to keep and a time to throw away.

A time to tear and a time to mend

A time to be silent and a time to speak.

A time to love and a time to hate.

A time for war and a time for peace.

God says in scripture that there are seasons of change and change is all around you.

Appreciate the changes going on in your life. God is perfecting you with change for each is designed for your uniqueness.

Change in your life is actually a gift from God. . . cherish it, learn from it; grow from it; but never hide from it.