

Personal change happens through a journey of discovery. The only pre-requisite for starting this journey of discovery is that you are willing to learn. If you realize that there is something there to learn, then you can learn it. If you realize that there are things you have not yet understood about yourself and about life, then you can understand them. What you will learn might be unexpected and surprising, but that is the nature of discovery.

## Process of Transformation and Change

### STEP 1: CONSCIENCE AND CONVICTION

*Any personal change starts with a feeling of need. Be it the needs of the world, personal needs or perhaps something weighing on your conscience that is not quite right. But in order to make that change, conviction is needed to take the first step.*

### STEP 2: COMING CLEAN

*Start by being really honest with yourself about events, motives, feelings, hopes. We need to take time out to be quiet and listen for the direction of God. It can also help to share our thoughts with someone you trust in order to gain fresh perspective and support. What is it that you need to put right with others or in a specific situation?*

### STEP 3: CHOICE AND COMMITMENT

*The only person who can do anything to change your life is YOU - though we all need help from outside ourselves. Good intentions are not enough, you have to choose to change and be committed to following through with what you believe you should do.*

### STEP 4: COMMUNITY

*Having started to make changes in your life, start to think beyond yourself. What effect can this change have in your family? In your community, workplace, school or university? Where and how can you take responsibility for making situations better? And don't just work alone. Connect with others, try to build a team.*

### STEP 5: CONTINUE

*And remember - change is a life-long process. So keep it up!*

*How can I really change? A simple response to this question would be to say that you can't change your life, at least not in any fundamental way. You can change the way you look, and, through force of will, you can even change some of your thoughts and actions. But your essential nature-your soul-is resistant to human efforts to change. Only God can do this, because God created us, and God is the only One who exists above and beyond our human nature.*

*According to Andrew Cohen ... the most important question you can ask yourself is 'What would you do if you knew that you would die tomorrow?' The answer is that you would want to unburden yourself of feelings of guilt and shame. You would want to become transparent to loved ones and to God. And there are many cases of dying people doing this very movingly. The next question is 'why not start doing it now?' The ego hates the idea of doing this and will avoid it right up to the moment of physical death. And overcoming the ego is the only way to liberate the authentic self.*

**So here's what I want you to do, God helping you: Take your everyday, ordinary life--your sleeping, eating, going-to-work, and walking-around life--and place it before God as an offering. Embracing what God does for you is the best thing you can do for God. <sup>2</sup>Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what God wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. (The Bible)**

**The power of choice. You have it. But you forfeit it when you imagine that you can choose for others. You can't. But you can choose for yourself...**

**- Harry Browne**