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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Change Is Good

By Boyd Martin

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"I get up in the evening
And I ain't got nothing to say
I come home in the morning
I go to bed feeling the same way
I ain't nothing but tired
Man, I'm just tired and bored with myself
I check my looks in the mirror
I wanna change my clothes, my hair, my face"
--Bruce Springsteen, from "Dancing in the Dark"

Although Bruce is bemoaning the angst of the swing-shift musician, in my life these words hit home more than once or twice in any given year. But these lyrics speak, really, to the human condition. A person is deposited at birth in a vast sea of life with the only constant being change. Ironically, it's change that is sometimes the most disturbing experience of life. Attempting to express ourselves in a sane, consistent and linear fashion seems like building a castle made of sand. But it is that desire for consistency that can trap us in a what seems to become a rut with no way out but to contradict ourselves.

Yet, within this conundrum of humanity lies the greatest of all opportunities: with change comes growth. And with growth comes increase and expansion. We must expand our vision, expand our viewpoint, and increase our honesty with our own values and express that vision and viewpoint with all the passion and determination we can muster within us. By staying true to what and who we are, our true divinity can shine through to uplift and inspire everyone around us including ourselves.

The great psychologist Abraham Maslow said, "What is necessary to CHANGE a person is to CHANGE his awareness of himself." When you look in the mirror, what do you see? What are you aware of? Is it something to change, or something to make greater? It may not be fear of change itself that keeps us from changing, but fear we may not be able to change.

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The only way to find the ableness to change is to set forth, bravely, eyes locked on target, strength mustered, and just START. The start is the most difficult, so once that's accomplished, it's really just a matter of increasing the momentum. It takes all the horsepower of a automobile to get it up to highway speed, yet only a fraction of it to keep it cruising.

All that being said, take another look in the mirror. Find ONE THING to change, and then DECIDE to change it. That motive power of DECISION is your accelerator pedal. Once it's engaged, the road immediately lays out in front of you. Strategies pop out of nowhere, and suddenly you find yourself writing down the list of actions to achieve that change. That is the power of decision.

Of course, then the trick is to keep the pedal to the metal. That's where passion and determination comes in. But as successes are achieved, morale goes up. As morale goes up, confidence soars. Now

it becomes easier to keep the car on the road and the momentum up.

Decisions are different from wishes. "I wish I could lose this extra 30 pounds," or "I wish my back pain would go away," or simply, "I wish I felt better," are all coming from an assumption that these conditions we're wishing out of cannot change. A wish is a feeble desire, and hardly a decision. A decision is something you make with your heart and soul. It's something you write down, something you declare without reservation—something you embrace as a reason for living. And in this way, your heart and soul work together to give you the power to plow through all the crap that is preventing the change. In fact, it is precisely the difficulties you confront after making your decision that are holding the unwanted condition in place. Therefore, when the challenges to your decision rear their ugly heads, you know you're headed in the right direction. Nothing changes easily, and it is a measure of a person's character to be able to step back and observe the big picture revealed during the trials and tribulations on the road to achieving the goal.

With a firm heart—and—soul decision, everything becomes advantage, and each apparent "setback" is the pure gold of insight. Then, from seeing one's way through freedom is attained because that unwanted cross to bear can never again weigh you down. With that new—found freedom comes new energy, and after a while, what seemed like a mountain becomes the proverbial mole hill.

GRAPHICS/LINKS: <http://www.subtleenergysolutions.com/newsletter-changeisgood.html>

Boyd is the webmaster of www.subtleenergysolutions.com and the newsletter writer for that site. He enjoys a wide range of experience both in the ways of the internet, alternative health, environmental issues, and in freelance writing. An active, professional drummer, Boyd performs in the Portland area with several area blues and R&B bands. Boyd is also an avid, daily practicing Bikram Yoga student.

Be Ready for Change

By Dennis Eppestine

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Change Is Good

Change is scary, isn't it? After all, things might not be perfect right now, but at least we're here and getting through it. Change might make it worse instead of better!

But without change, there is no growth, no improvement, and in scientific circles no life. Life is change, and if we're to fully appreciate the gift of life, we must adapt to change.

OK, on to something a little less important than life – Internet Marketing! If you can't handle change, you better get out now!

New developments happen in days and weeks on the Internet, as opposed to months and years in regular marketing. If you don't stay up-to-date, you can't compete.

I'm not suggesting you jump on every new bandwagon that comes along. Some of them are pretty bad! But if something looks good to you; if something looks like a real improvement, then you have to embrace it. Use it, improve your knowledge, then get ready for something new to come along!

Another fear of change involves the fear of how it reflects upon you. For example, I changed some very basic facts about a couple of my websites. It was something I felt I had to do, but like I said, the changes were fundamental. So naturally, I start thinking things like, "Will visitors realize what I've done?" "Will they understand that the change was something I feel deeply about?" "Will they think I'm insane?" (See how my mind works?)

But to follow my own advice – I had to be ready to change, in spite of the natural fears.

So embrace change, learn from it, accept it. If you're in Internet Marketing, it's a part of your life!

Dennis Eppestine operates 3 websites

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