

Now is the Time For Change

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**Now is the Time For Change**

**By Michelle L. Casto, M.Ed.**

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Whole Life Coach, Speaker, and Author

Planet Earth is ripe for change. Everywhere you look, change is occurring: for the individual, families, corporations, communities, states, countries, and ultimately the world. The pace of change has increased to keep up with the human desire to create more change. You wouldn't have to look very far in your own life to identify something you would like to change. Now is the perfect time to transform yourself physically, emotionally, mentally, spiritually or otherwise. As Dr. Richard Gerber has stated, "The discord and unrest occurring upon the planet at this time is a higher reflection of the emotional and spiritual imbalances that exist in many people throughout the world. We must begin to heal dis-ease and distress at the level of causes and not just at the superficial world of physical effects. In order to accept and work with vibrational healing methods, one must begin to make the transition toward personal transformation that is necessary before true physical and spiritual healing can occur." What you may have noticed is that it is time for a change. What you probably don't know is how to go about transforming your life. The first thing you need to learn about change, is that in order to change your outer reality, you must transform your inner programming. All change begins with you—on the inside—your thoughts, feelings, and beliefs about how life works or doesn't work determine what you will create in your outer world. Gathering information is an important first step in the change process, making smart decisions is also key, but listening to your soul's callings is the very best way to call forth change into your life.

What changes your life is not learning more, though education is important. What changes your life is not making decisions, although making choices and acting on them is important. What changes your life is being in touch with your inner self and designing your life around what is important and true for you. Rollo May, the famous psychotherapist once said, "The cause for insanity is doing the same thing the same way expecting different results." How many times in life have you done the same thing the same way hoping for a different outcome? To keep from going insane, stop looking for the answer on the outside and start looking on the inside for what is blocking your efforts. Albert Einstein once said, "Nothing happens until something moves." In other words, change will not come until something inside

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you moves, like letting go of limiting beliefs, fears, resentments, and making room in your heart for more of what you want. When you turn inward and face your fears and limiting beliefs, you are more capable of facing your reality, whatever it may be. When you look at what is buried in your unconsciousness, it dissolves in the light of consciousness.

The Pleiadians urge us: "You shall change. You will change. You must change because this is the season of change." Now is the time to re–think and reevaluate your life. Now is the time to create change in the world. Now is the time to heal. Now is the time to sing and to dance. Now is the time do your inner soul work. Now is the time to transform your life.

The great news is that you don't have to do it alone. Why not hire a coach? Professional athletes and business executives stay at the top of their game with the help of a coach/mentor. Personal coaching is an enlightening and empowering experience, and working with a personal coach can transform your life. There are a number of online resources to help you find just the right person. Visit

[www.locateacoach.com](http://www.locateacoach.com), [www.coachvillereferral.com](http://www.coachvillereferral.com) and [www.coachfederation.org](http://www.coachfederation.org).

\*\*\*This article was adapted from Life Transformation 101 Workbook: How to Make Life Changes and Let Your Soul Be Your Guide

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### **Be Ready for Change**

**By Dennis Eppestine**

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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.

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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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