

CHANGE IS NATURAL

In a world overflowing with fear, wouldn't you love to enjoy more?

Unless we learn how to cultivate our sense of belonging which respects differences, and honours similarities, we will remain in fear, isolation and blind to the blessings all around us.

I mentor, teach and train remarkable groups of people. The common denominator of these resilience champions, both men and women, comes from the fact that each believes they cannot expect the world 'out there' to get any better, unless they, themselves, are willing to do the necessary spadework within their own unknown, interior landscape.

The more interconnected the many parts of our lives become, the more centered and self actualising we become. Being more interconnected comes from noticing and receiving the gift of modelling and what it truly means to be present. Each had experienced what happens when we are shown that there is space for us and room for even the neglected self-orphaned parts to breathe and come forward.

Mentoring is modelling what it truly means to be present. As we change so do those who we influence (known and unknown). As we adjust and expand so the world changes.

While holidaying in Alaska I spent intervals of time gazing through the lens of our binoculars. Through adjusting and expanding the lens, my way of seeing the world changed. I brought the distant close, and made the impossible possible.

Through the lens of the binoculars I zoomed the mother bear and her cubs close and from a distance had a new awareness of the 'pay it forward' system. For species survival and for this mother and her cubs, it means keeping the earth's environment healthy, rugged and clean for her and her future generations. She lives in the remnants of the last ice age. An age that by nature and limited human awareness is diminishing! In this moment I had a new sense of responsibility to this mother, her cubs and her future generations. She is already life threatened as her feeding ground diminishes.

I returned to the home office and notice life has changed. The weather temperature has dropped, its winter now! The leaves on the deciduous trees have changed colour and are beginning to fall. The oranges that were green are now ripe and luscious for harvest. As I write our roses are in magnificent bloom. Through the harsh heat of Western Australia's summer, the garden and fruit trees struggled just to stay alive and now they are displaying their full beauty, the memory of summer's harsh days gone.

Change is natural. Do we struggle, whimper, complain through times of change or are we resilient? Every fear-driven act denying our natural connection to one another, and Mother Nature, creates a disturbing ripple effect through the cosmos. So what can we do? The human psyche (like animals in nature) can only take so much disconnection, anxiety, fear before the human spirit plunges into a deep abyss.

I am a dedicated pioneer in the realm of practical spiritual development through the gateway of creative mastery.

It is belief and perception that makes life seem complicated. Using creative mastery, I invite you to join us in understanding the simplicity of life and relationships. To learn how to turn off the isolation and desolation of inner conflict, unfulfilled or failed relationships, career, business? To let go of the struggle and by design, turn your life around.

Come, at our next seven day Mastery Retreat to learn more.

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Sylvia Marina resides in Western Australia. When you are ready to have a program in your business or community contact her for available dates. Often she can add your event to a conference where she is booked to speak or some other event she is attending. This means her travel costs are shared with more than one event! <http://www.sylviamarina.com/calendar>