



Lean Into Change

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Every day unfolds
the NEXT STEP
in my JOURNEY.

Deepak Chopra

Joyful Scribbles

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Lean into change has become my new mantra. The end of summer brings about changes in routines and schedules for many mothers. Sometimes these are welcome changes and other times not so much. I have friends who are entering the empty nester phase of life and others whose children are transitioning into the middle or high school years. Change is a fact of life and so instead of resisting it, I've decided to lean into it.

Oprah & Deepak Chopra's free meditation experience titled Getting Unstuck inspired my lean into change mantra. Do you ever feel stuck? I do and I hate feeling like I'm in limbo just waiting or anticipating the next thing. I shared my experience with the waiting place [in this post](#) the year my son started college. My daughter is a senior in high school this year and although I'm not an empty nester yet, I feel as if I already am.

My kids are pretty independent. There were days when I couldn't wait for them to become independent and now that they are I feel uneasy. I know there are other mothers who feel the same way. However, most of the fathers I know are jumping for joy, including my own.

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My life is dynamic
because I welcome
change.

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Change opens the door to other possibilities. By letting something go I create more space to invite something else in. The mantra Deepak shared is “My life is dynamic because I welcome change.” As I navigate through these next stages of life I'm going to keep this mantra in my mind's eye. If you repeat something enough you begin to believe it. I don't know why it is only the negative thoughts seem to replay in my mind, but I'm going to change that.

Who's joining me on leaning into change?

If you enjoyed this post check out my post on [Transitions](#).

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