

# New Beginnings

By Annette Aben

A beginning is something else's end. TA-DA!

***This simple yet profound statement just makes me smile. Think about it, the beginning of laughter is the end of a funny story, the beginning of a garden is the end of a barren piece of land and the beginning of a marriage is the end of bachelorhood.***

Yeppers, for something to begin, something has to end. So when we say "new beginnings" are we really saying something starting over again, like beginning a diet, or reinstating that saving plan or are we referring to the beginning of something we have never attempted before.



A Zen thought is that we cannot step into the same river twice. Translated, this would mean that the minute we are moving into new beginnings with every moment, every thought, and every breath. If applied to the aforementioned query then everything is a new beginning. Each and every experience we have makes us new, creates us new so if a new us is in a constant state of new, everything we experience IS new.

*Whew!*

So why do we attach such importance to the new beginning? The new family, the new job, the new home all seems so overwhelming at times. Could it be that because we see these new energies as something we choose, take time to prepare and hang all our hopes and dreams on their success? I believe this to be the case for how could we possibly be so cavalier with the new beginnings occurring within and without us every moment of every day and so freaked out with these scenarios.

Breathing is natural, pulling fresh air, new air into our bodies without planning or tremendous effort (for the majority of people) yet the conscious choices needed to make many other changes seem to weigh heavy on our minds.

***There is the difference, conscious choice versus auto pilot.***

If we are consciously creating, we are monitoring, judging and otherwise micromanaging the process. Not so with breathing, we merely DO IT. Yet when we put such high hopes into that job interview, that first date or that special dinner it is like we hold our breath until we know everything is going to be okay. If things don't turn out the way we want them to, then we have to start over again, **AARRGGHHH!**

Wasted time, wasted effort, back to square one, wouldn't it be easier to simply quit NOW!

Okay, that was creepy (lol). We are not wanting that to be our reality, how can we change that? Begin here and now, to see things differently.

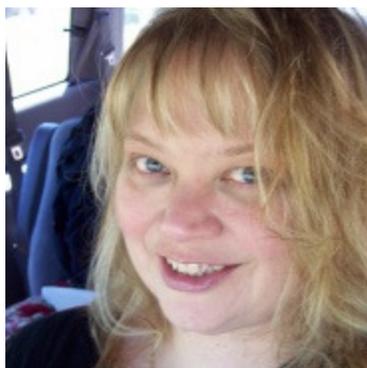
***We can rejoice in the creation process, revel in the excitement of growth and celebrate each and every step regardless of how inconsequential it may seem to the end result.***

Should we have to begin again, we can choose to nod knowingly and move forward with the hypothesis tested and a clearer picture of the end result at hand. To have the option of a new beginning is akin to never being able to fail. How cool is that!

So what has really changed here if the methods and mannerisms remain essentially the same, our attitude is what shifted. The perspective that beginnings are always occurring and endings are merely the seedlings of beginnings makes all the difference in the world. For we are in a constant state of starting over and if we simply accept it instead of focusing on it, we flow with the grow. (Yes I meant to say that)

Buying a house is a beginning, but the moment you put a piece of furniture into it you have started something new. Once the furniture and decorating are completed, then the “living” in the house begins. Oh, at this point don’t we quit calling it a house because it is now a home? Hark, another series of new beginnings on the horizon. This could go on forever you know... let’s hope so.

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**Annette Aben** says, Life is good! I believe those words and live those words. Through creativity, I find peace and balance. Because I allow myself to vary the activities, writing, drawing, painting, jewelry crafting and photography, I am always enthusiastic about what I am doing.

My furry companion, Baby, is featured in many ways in my projects. I photograph her, draw her, write about her and am so grateful to have her energy in my life. Website: <http://innerchildartwork.com>