

An Attitude for Changing Times



During times of change, things always feel difficult. When things feel difficult, it is always a time of change. We live in a realm of high density, matter moves slowly here and so like the slow moving planet herself, change with any speed feels like an earthquake in progress.

Human beings live in this high density realm and we are just as slow to change as everything else. In fact, whether we are talking about the planet herself, an institution like our governments or ourselves in our personal life; change is so slow and difficult that more often than not, a crisis is required to get the process moving.

I've certainly been through crises and earthquakes this past year and it seems that almost everyone around me has also. I take that as a good sign – what it means to me is that myself and those I love are moving to higher expressions of ourselves.

Most of us have dreamed of a new world. One that is more loving and more compassionate. We dreamed of the land of milk and honey to manifest in our lives, for all of those we love and for those who suffer. We dream of a higher vibration on Mother Earth. That will take change. That will take crises and earthquakes.

I've learned over the years to celebrate each crisis as a catalyst to change and each personal earthquake as the change I am asking for manifesting in the world around me. It's a difficult task, to see crisis and personal earthquakes as a positive force in life, but it is the route to a smoother transition to a higher version of oneself.

Attitude is everything.

We can't redesign how the world works by fighting against it and demanding it work differently. Energetically speaking; fighting the quantum reality of the human experience only adds density to the process making it more difficult to move through. The answer lies in a different attitude, making the movement of human energy more liquid

so it flows easily through crisis and earthquake, like water in a creek flowing over a rock.

There are many inner technologies that can be used to see life's tough spots as the gifts that they really are. One of the simplest and the one I personally use the most, is to ask oneself the question,

'Where is the nugget?'

Each event or experience has contained in it a nugget or a gift. Each crisis is taking us somewhere. To find the gift within the crisis is the technology that leads to a better attitude and a smoother transition to a higher expression of self.

It has been said that everything we need to know about living life mirrored in nature around us. Humans can be like the soft pliable hollow reed bending and flexing in the face of the winds of change. Or we can be like the dead tree, stiff and rigid, breaking with every soft breeze.

We get to choose. :)

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