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New Beginnings

By Bonnie Wooding

We all naturally contemplate new beginnings during the winter months, with the long nights peaceful silence and the snow covered earth - - it seems to be a good time to take the opportunity to reflect, to clear out the clutter.

Zen wisdom says, "if you want to fill your cup, you must first empty it."

What's in your cup? Take a good, long and honest look. Is it time for change?

People tend to naturally shy away from change. Why? One thought is that for millions of years, the process of natural selection taught us that change is often associated with danger. When we see the familiar "same", we are safe. But if we see something moving, something different, it could be a tiger coming to eat you. A change could often be deadly.

Change – we can't stop it, but we can choose how we react to it. Change can be your new beginning, a fresh start with new challenges and opportunities. At each stage of our journey we acquire skills and experience, knowledge and insights, information and ideas, and as we move from one thing to the next, we learn to let go of things we no longer need to create both space and energy for what's coming next.

Change – a good place for the new beginnings.

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