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## CHAPTER 1 | Change

If you strive to live more consciously, you are expected to be willing to think and act differently. You are the change you seek. If you stick to what is known and trusted, then new experiences and insights are excluded. Many people have difficulty with change in their private lives as well as at work. It seems as if modern man has lost the ability to deal with change or to accept it as an inseparable part of existence here on earth. In earlier times there was a lot of uncertainty about tomorrow. Man was more vulnerable to events in his immediate environment than he is today. There were life-threatening diseases and illnesses, murder and manslaughter were just around the corner, but so were hunger and wars. This required a flexible, attentive attitude and a high degree of self-reliance. This is significantly different nowadays. In the western world, we have lived in luxury and prosperity for decades. We have been spoiled and have lost the basics of life. The general resilience, the ability of humans to deal with unexpected and unpleasant events, has decreased considerably. However, man is by nature very capable of dealing with change and integrating it into his life. The will to do so is often lacking. This has to do with fear of the unknown. If you want to change, you have to make an effort to do so. The inner motivation to change must be activated more strongly than before. In addition, experience shows that this process can be disturbed by family, friends or acquaintances. They tend to give you their opinion about the steps you are taking or want to take unasked for. Instead of understanding and supporting you, they try to dissuade you from doing so. The explanation for this is that every human being is first and foremost focused on his own happiness. They fear that the change in your life will disturb their happiness. This fear is well-founded. If you change, the world around you will automatically change as well. That is a law of life. However, you do not have to worry about it. For what exactly happens when you allow new experiences and insights into your life? Does it make you unhappy? Can you no longer do the work you do? Can't you play sports, have fun, raise your children or love your partner? In all cases the answer is no. If you look at the experiences and insights you have had in your life to date and which you have integrated, you will find that your life has been enriched as a result. You have seen more, you know more or you feel more. In short, through these (life) experiences you have become a more conscious person. Not only you, but your whole social environment can benefit from this.