

The Universal Cycles of Change

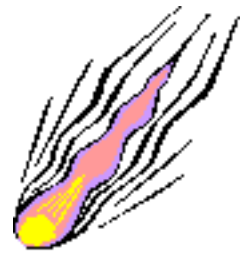


Creation—This phase is about new beginnings. Everything has a starting point, and typically that point begins with an idea, an action or a blue print. Some examples of this includes starting a business, having a baby, investing in your first stock or mutual fund, creating an idea to write a book or paint a picture, building your first house, getting married, buying a brand new car, planting the seeds for a vegetable garden, the Big Bang (the beginning of our universe as we know it).

Growth—When a living system begins to grow and develop, it also becomes “self organizing.” What this means is that the initial creation begins to take shape or form. New patterns of behavior start to develop, and the system self organizes itself around the original creation. For example, the stock that you’ve invested in begins to rise in price, the small tree that you’ve planted shows signs of growth, the new business you started shows substantial increases in its net profits, you install fancy hub-caps and new seat covers in your car, or your child speaks her first words and takes her first steps.

Complexity to Maturity—As a system begins to take shape and form through continued growth, it becomes more complex to the point where it reaches a “steady state.” A system operates at its best when it is in a steady state. Some examples of a steady state are when things are going exceptionally well in your job, when an athlete enters into the zone, when the tree that you have planted is sprouting beautiful green leaves, when your marriage is going incredibly well, the car that you bought is running great, the stock that you have invested in has made a big jump in the right direction, or when you’re feeling good about yourself and everything in your life.

Turbulence—When the system becomes too complex in its growth and development, problems begin to develop. Turbulence is considered feedback from the environment that the system's complex state can no longer be supported. Something has to shift for it to go to the next level of creation and growth. If this shift does not occur, then chaos will set in. For example, you may have hired someone to work for you who isn’t working out, you may start noticing some serious communication problems in your marriage that are affecting your individual health and well-being, the leaves on the tree that you planted begins to change colors, the stock that you invested in begins to drop, you develop a minor physical symptom that is distracting, you notice signs of depression or dissatisfaction in your life, or your car starts making funny little sounds.

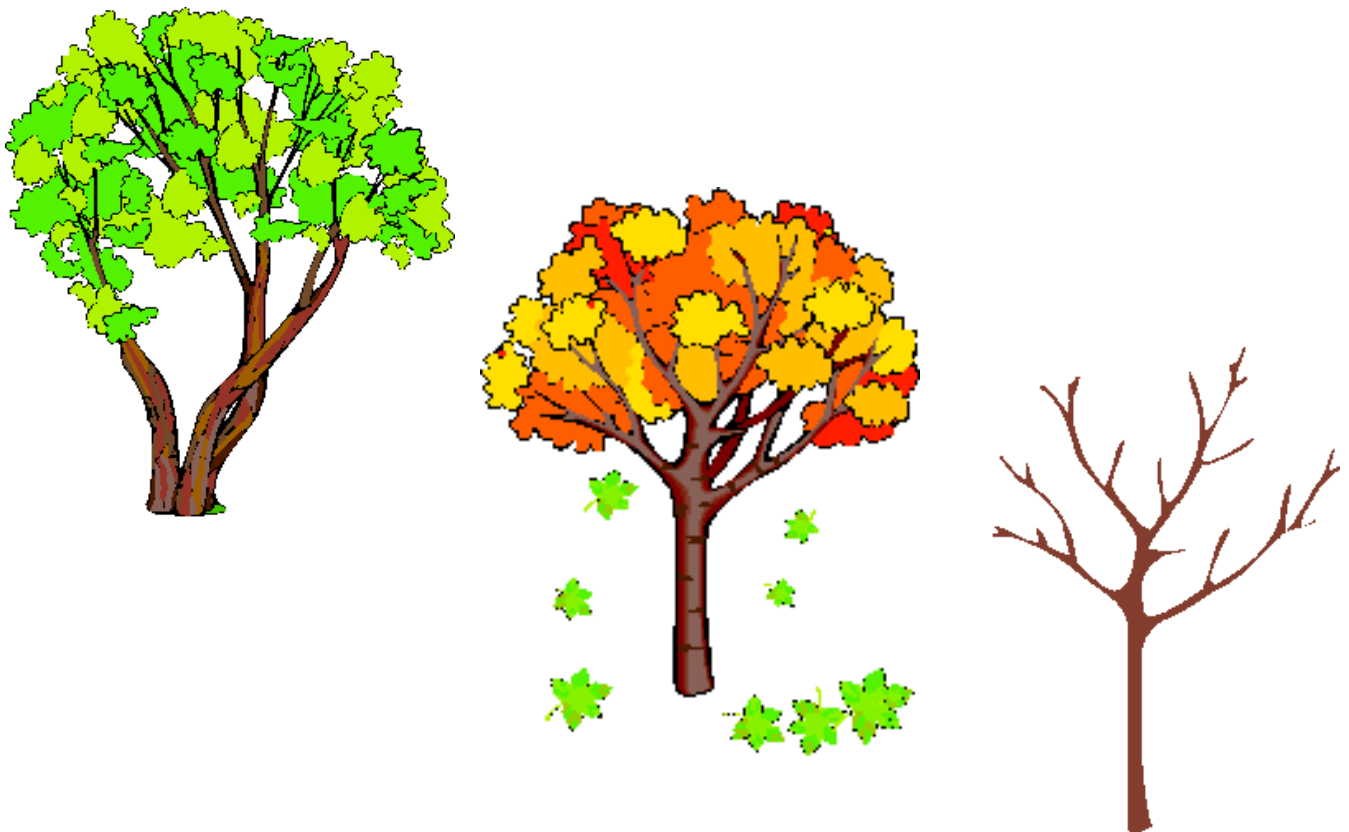


Chaos—The system begins to fall apart and chaos sets in. For example, the leaves on the tree turn brown and shrivel up, the troublesome employee acts out to the point where the welfare of the business is threatened, the stock that you bought takes a huge drop, your marriage is completely falling apart, you get seriously ill, or the funny sound that your car was making turns into a loud choking sound and grey-blue smoke starts blowing out the tailpipe.

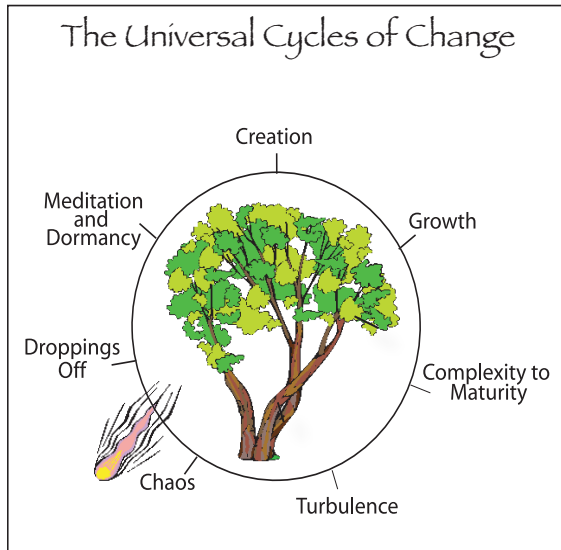
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Droppings Off - Sometimes life becomes so complex that chaos sets in and you have to let go of something. For example, when a snake sheds its skin or the leaves drop off a tree - these are considered to be droppings off. Even having to replace a part on your car is a form of letting go or dropping off. In order to move forward through a difficult life challenge, you often need to let go of a limiting belief, a dysfunctional relationship, change a behavior, or reorganize how you view the world. This makes the space in your life to create something wonderfully new. All life forms in this universe such as trees, snakes and even stars allow for this natural dropping off cycle to occur. Humans are the only ones that resist these natural cycles of change.

Meditation & Inward Silence– Meditation and inward silence are the final phase in the Universal Cycles of Change. Just as the tree stands without leaves in the brisk cold winter, you need to be like the tree, standing in the moment as you are. It might be uncomfortable for a while. You might want to remind yourself that meditating and inward silence can be very healing. Before you can move forward, you may need to give yourself plenty of "being" time to renew and rejuvenate. Once you've done this, you can become creative again. You will have dropped off what was holding you back. Yet you'll still have all the knowledge and wisdom that was gained from the whole experience. This sets the tone for a whole new cycle of creativity and growth.



The Universal Cycles of Change ~ Worksheet



Life Areas

It can be interesting to compare last year with this year.

1. Love and Romance

Current Phase:

Why do you think you are in this part of the cycle?

2. Money Matters

Current Phase:

Why do you think you are in this part of the cycle?

3. Career

Current Phase:

Why do you think you are in this part of the cycle?

4. Health

Current Phase:

Why do you think you are in this part of the cycle?

5. Family

Current Phase:

Why do you think you are in this part of the cycle?

6. Friends

Current Phase:

Why do you think you are in this part of the cycle?

7. Spiritual

Current Phase:

Why do you think you are in this part of the cycle?