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Try to Imagine a Life Without Change

Nicholas Pollak / July 11, 2011 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)



left|Nicholas D. Pollak||no_popup[/img]We often become stale with the daily grind of our regular working lives, causing us to lose the competitive edge us to succeed in our chosen careers. This makes it important to take a break and go somewhere new.

The destination may not be romantic or stimulating. Being different is enough.

With the change comes a new mindset. Seeing things differently, we relax. Our observation of surroundings changes as we become more alert to what we are seeing and doing.

Doing the same things daily, routines can cause a loss of motivation, leading to feelings of dullness. If there is nothing new to focus on, no new ideas, designs, views, tastes, our minds stop living.

If changes are made, it means you will want to think about the changes before following through.

They Come in Good, Bad Flavors

But it is certain that change is inevitable and constant. We must learn to accept the changes (good or bad), understanding why change is occurring and how it will happen. This knowledge will help you accept and embrace change.

Imagine what our lives would be like without change?

Where would you live? What would you wear? What job would you be doing? What car would you be driving? Would cars exist? Would you be married or single? With kids? Would you have a relationship at all?

Alvin Toffler points out in his book "Future Shock" that it is the elderly who appear to have the most trouble making changes.

They notice that places they used to visit disappear to make way for new buildings, brands they are accustomed to buying disappear and change, friends and relatives die, leaving them lonely and disoriented as the speed of change seems to increase and their desire to change narrows. This leads to depression, loss of interest in life and a quicker death. In addition, the elderly do attempt to learn new technology, but it changes so fast, they decide against making a change, meaning they soon lose touch with that aspect of living.

Why Push Back?

Since we cannot stop progress, the sum of human knowledge doubles every year. We have seen more change in the past 100 years than in the previous 900. Transport changed dramatically, living conditions certainly did, and medical advances have increased longevity as well as our understanding of the human body and the ability to heal injuries.

Who would have thought 100 years ago that a disc in the human spine could be replaced with an artificial one? Then there is an artificial heart and kidney dialysis.

Try to imagine a life without change. The Fulfilling Miracles every day, people do not want to accept changes they are forced.

All of us have the ability to accept change, but how we do that is crucial. If we can accept changes around us, we are already on the path to broader acceptance.

Usually there is a need for change. We can view changes in areas that do not affect us as unnecessary, but in the end all change is significant.

I encourage each of you to look at your lives and examine what is the same and what has changed. Have the changes been good or bad?

As a hypnotherapist I am charged with assisting my clients to create changes for themselves. To quit smoking, lose weight, improve motivation, eliminate panic and anxiety, chronic pain control are just a few of the things I am asked to help with. All issues require a person to believe change is possible, and with the help of a hypnotherapist creating their change is possible with little or no inconvenience to the client.

A good hypnotherapist will be acquainted with “homeostasis,” an innate desire for the body and mind to stay the same, and will be able to assist the client with an understanding of “resistance to change” and will help the person understand how the change is created and the difficulties triggered by resistance. Clients are taught to know when the resistance is occurring and given tools to overcome it.

Acknowledge that change is constant and will occur to all. Look for the changes you want to create, and visualize them. The stronger your visualization and desire to allow the change, acting as if the change has occurred, living and breathing the change will help you to enjoy changes that come your way.

If you have any questions please do not hesitate to contact me by telephone, 310.204.3321 or by email at nickpollak@hypnotherapy4you.net (<mailto:nickpollak@hypnotherapy4you.net>). See my website at www.hypnotherapy4you.net (<http://www.hypnotherapy4you.net/>)



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