

SUSTAINING CHANGE

“Environment is stronger than willpower”

ENVIRONMENT – change what you can, accept any currently fixed limitations

- Surround yourself with changemakers and inspiring people
- Showing up in the programme consistently and putting as a priority
- Making a physical space for your practice
- Avoiding fear-based media, cut out negative feed on f’book
- Connecting more with the natural world
- Creating more simplicity in your life
- Creating flexible routines

OBSERVATION is key about how things are and how you are feeling and **ONLY THEN** about how you might respond differently or act to change things.

The focus on awareness to **SEE CLEARLY** without entanglement is vital otherwise random attempts to change will mask the truth or confuse the current situation.

With observation are cultivating your capacity to see yourself with the sword of truth and the heart of compassion.

Regard yourself as your own scientific experiment, with curiosity and wonder rather than judgement and guilt.

Focus on observing the following during your day, not just the perceived negative but also the positive shifts that occur through your practices and celebrate those:

1. **Physical body** – movement, breath, eat, walk, fidget, tension, pain, ease
2. **Sense experiences** – smell, light, colour, touch, pleasure
3. **Thought awareness** – not to change, to witness and question ‘Is it true?’
4. **Emotion** – Surface emotion and what may be a deeper core feeling beneath.
5. **Action, Re-action and Response** – triggers and habits, why?

6. Energy levels – when is energy low and why? Avoidance? Over-reaching?
When is energy high or scattered and why? What happens after?

7. Attitudes +ve or -ve – awareness of how your attitude changes course of events, aversions/attachments

Training your powers of observation and awareness is training your ability to BE in presence, the unchanging state.

The more you align to this state of presence, the more your outer world reflects it, changes occur and are sustained with more ease.

You may have already felt compelled to change your diet, your clothes, your friends to be more in alignment with who you really are.

CREATING NEW HABITS/PATTERNS

Simple, Regular, Flexible and Achievable

What is **one thing** you are ready to focus on changing (small is best)?

Is there anything you need to give yourself permission to leave alone that you are not ready to face changing?

How is the current habit/pattern unfulfilling and no longer useful....what need or reward was it serving or delivering?

Transferral to a new habit – how can you harness aspects of your old pattern to create a new positive habit?

What makes a good habit rewarding for you?

HOW TO DEAL WITH CHALLENGES TO SUSTAINING CHANGE

- **Chaos/Change** – such as life drama, holidays, sickness, busyness getting in the way.

Make it an opportunity for learning, flexibility, create simple rhythms, forgiveness, be curious about abundance limit, tests and karmic bombs

- **Boredom** – Bright shiny object oooh!

Cultivate a beginner's mind, a hunger to learn and gain mastery, repetition = depth, make a change and leap, create subtle differences/focus to rekindle and introduce new elements to your practices, stay connected with peers

- **Tired** – I'm too tired to do my practice.

Rest and restorative practices, observe 'judgement, failure, should or have to' thoughts as fatigue arises from this attitude to life. Observe your rhythm when eating and doing – is there time to rest and digest mentally, emotionally and physically? Are you in **resistance** to what is?

- **Repeated Blow** – Seriously this again?

Perseverance and wisdom, are you trying too hard? Smaller goals/stepping stones, patient observation of what is there for me to learn from this? An

opportunity to practice presence under pressure, ?need to change your actions – observe/reflect/respond

- **Disillusionment** – I'm not seeing the changes I want....

A new perspective of practice without attachment to the fruits of your labour, but to have a choice in how to feel RIGHT NOW. What would LOVE do? Celebrate every 'success' and positive change in your life, however small. Cultivate an attitude of gratitude rather than despair/blame/comparison to others. Are your expectations too high – how have you sustained change in the past?