

Change and Transition

William Bridges Theory

Endings ... Neutral Zone ... New Beginnings

Change ... Transition ... Transformation

“Create a clean heart in me, O God
and put a new and
right spirit within me.”

Psalm 51

Transformation

“In any given moment we
have two options: to
step forward into growth
or step back into safety.”

— Abraham Maslow



SETTLING IN



Being a Person by William Stafford

Be a person here. Stand by the river,
Invoke the owls. Invoke winter, then spring.
Let any season that wants to come here make its own call.
After that sound goes away, wait.

A slow bubble rises through the earth
and begins to include sky, stars, all space,
even the outracing, expanding thought.
Come back and hear the little sound again.
Suddenly this dream you are having matches everyone's dream,
and the result is the world.

If a different call came there wouldn't be any world,
or you, or the river, or the owls calling.

How you stand here is important.
How you listen for the next things to happen.
How you breathe.

Reflection, Journaling, Sharing


What season are you standing in today - autumn, winter, spring or summer? What is this season asking of you right now?

What small sign, feeling, or invitation are you noticing in your life at the moment? What might it be asking of you?



“Each of the four seasons is a growing season for the heart. If you sink your roots deeply into the soil of each season’s truth, it can become your mentor.”

Macrina Wiederkehr, The Circle of Life



The Seasons of our Lives

Autumn/Fall - a time of gratefulness, harvest, surrendering, and letting go

Winter - a time of darkness, solitude, forgiveness

Spring - a time of new life, emergence, new beginnings

Summer - a time of savouring — beauty, abundance
