

Life Coaching with Susan Piontek

...Transforming Individuals in Transition...



Fall

As I look at the beautiful fall colored trees dotting the landscape, I am reminded of the poignant song, "Everything Must Change" by Bernhard Ighner. This is not a well known song, but one of my favorites. The lyrics go as follows:

*Everything Must Change
Nothing Stays the Same
Everything Must Change
Nothing and no one goes unchanged
There are so many things in life
We can't be sure of
Except rain comes from the clouds
Sun lights up the sky
And Hummingbirds do fly*

Changes appear in our lives on a daily basis and the choice of whether or not we resist or embrace them can make all the difference in our lives. Daily changes can be as simple as running out of orange juice or paper towels. Or they can be as annoying as getting stuck in a traffic jam because of road construction. Then there are the unexpected flight delays or the last minute cancellations of an engagement. The upgraded changes in life can appear in many forms. They occur with children growing up and leaving the nest, friends moving away, relationships breaking apart, pets dying and parents aging. And then, then are the big kahunas in life, that stop you frozen in your tracks. Those are the random acts of violence and catastrophe and life threatening illnesses that shake us down to our very core. During times of transition, both big and small, it is important to have tools and support systems to help lessen the impact of the changes that occur and are inevitable.

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In her landmark book, "Loving What Is" the author, Byron Katie talks about how refusal to accept change can impact one's life. She says, "When you argue with reality, you're only wrong one hundred percent of the time" and by refusing to accept change, one is destined to experience difficulty. It's like trying to teach a cat how to bark. You repeatedly make barking noises to the cat, hoping that he will get it and change, just by your own sheer will. Time and again, you make barking noises to the cat and after awhile, he will innocently look up at you and say "meow"!

The decision to remain in a fixed state and resist change will often result in more pain and less growth. Conversely, the decision to embrace the changes we face in life can propel us forward and help release us from pain. As a Life Coach, it is my desire to work with my clients and help them to recognize their gifts and powerfully embrace the changes they are faced with in their lives. In doing so, they have the opportunity to experience a new realm of possibilities.

Check out my website at www.susanpiontek.com