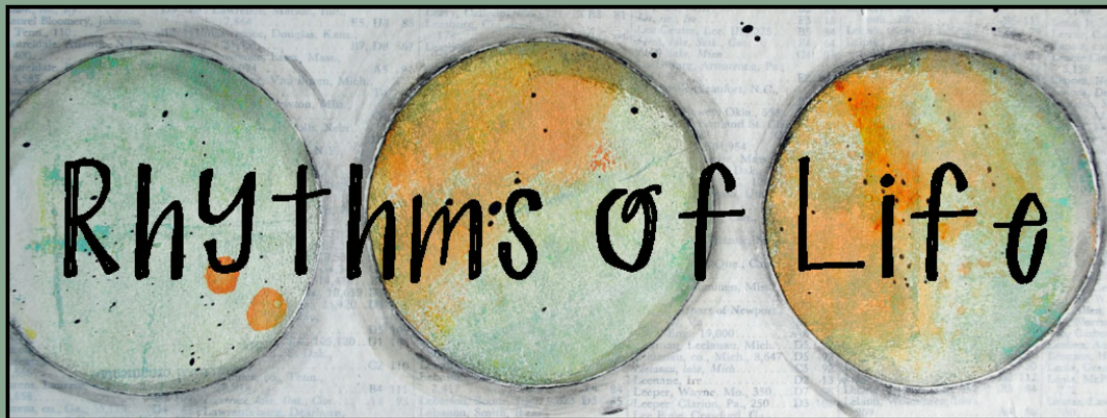


Aldea Explores Series**Finding and Following the Rhythms that Shape our Lives**

"We resist transition not because we can't accept the change, but because we can't accept letting go of that piece of ourselves that we have to give up when and because the situation has changed."

William Bridges, *The Way Of Transition: Embracing Life's Most Difficult Moments*

"Transition always starts with an ending. To become something else, you have to stop being what you are now; to start doing things a new way, you have to end the way you are doing them now; and to develop a new attitude or outlook, you have to let go of the old"

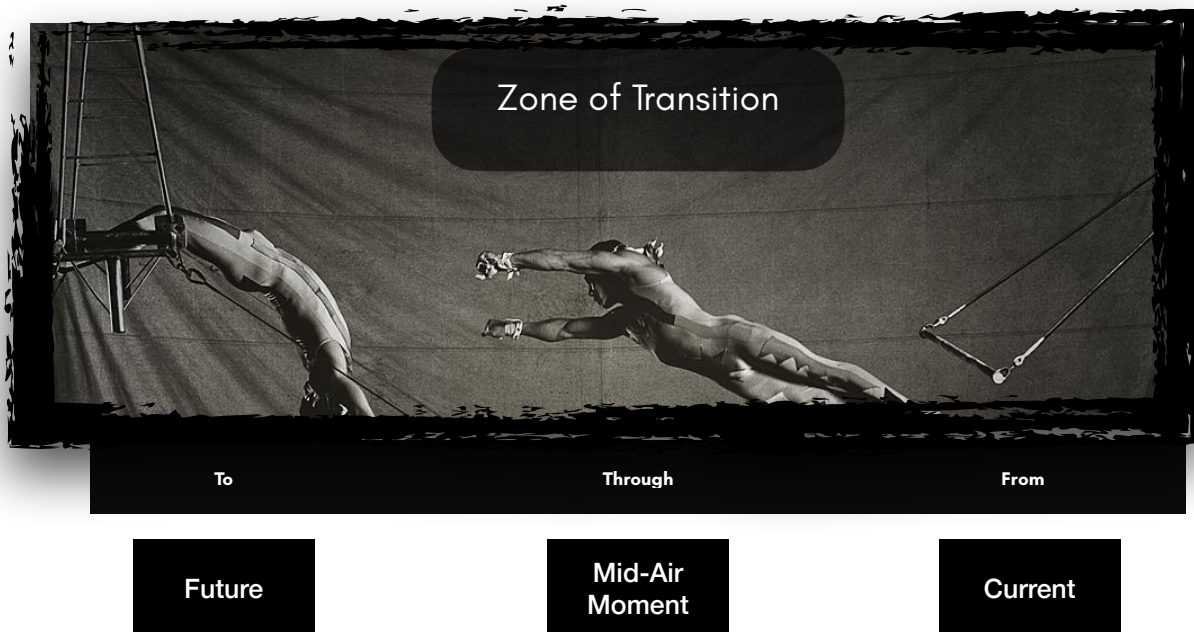
Ponder:

The rhythm of change always includes the powerful, but often disorienting, time of transition. Consider the quotes (above) and how transitions are at work in your life. If a transition you're going through could speak to you, what would it say?

Exploring Transitions - What are They?

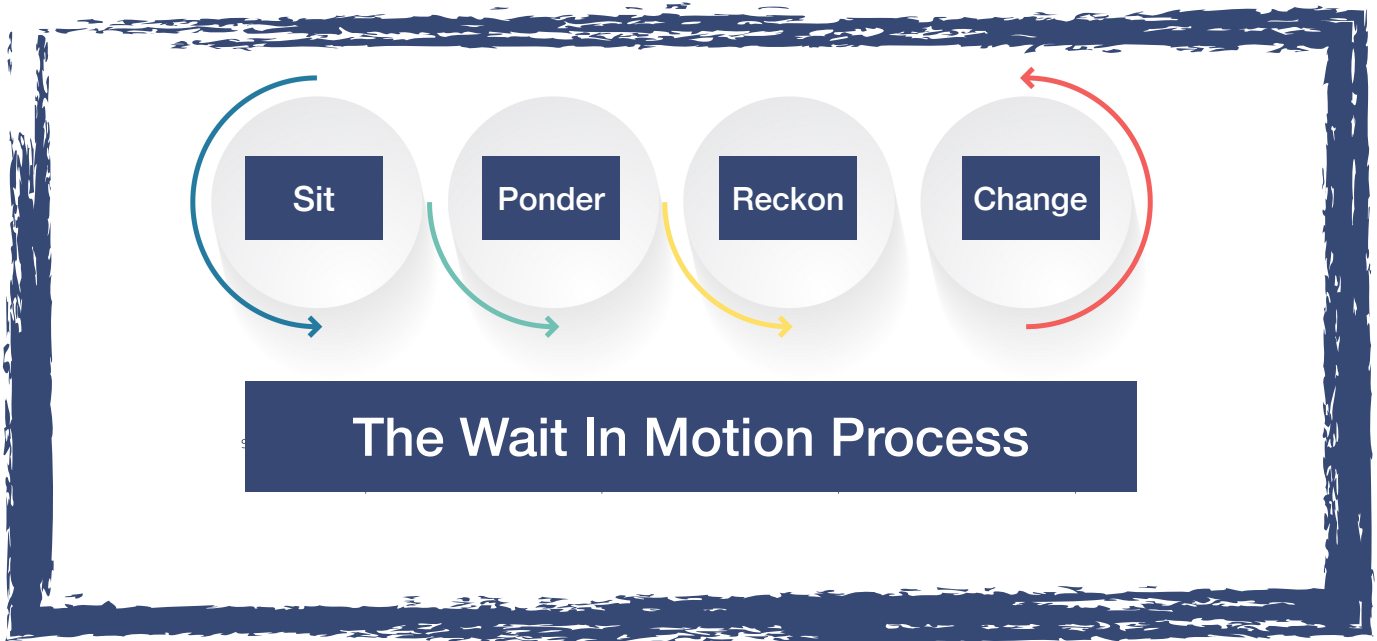
Adrian van Kaam was a 20th century Jesuit priest and philosopher. His prolific writing includes powerful works on change and transition. He described transitions as moments *“from” a current way of life that no longer works, through a time of ambiguity and dislocation, to a new place in life and a new way of being and behaving.*

You can picture it like the movement made by a trapeze artist: from the first trapeze, into “the mid-air moment” (through), to the next trapeze.



The Zone of Transition used with permission Dave Fleming, Ph.D.

Mindfully reflect on the image above. What does it teach you, how does it speak to you, about times of transition in your life?



Understanding Transitions

During transitions, there is often a significant amount of ambiguity. There is a temptation then to hurry through the transition because of the discomfort of ambiguity and uncertainty. If we rush through transitions we can miss the growth inherent in them. The Wait in Motion Process gives us a way to behave during times of transition.

Sit - Move into the uncertainty without solving the situation

Ponder - Notice what the transition reveals about you

Reckon - Face the personal dysfunctions that arise

Change - Do the transformative work so you're ready for what's next

The Wait in Motion Process Used with permission Dave Fleming, Ph.D.

Consider the four elements of the Wait in Motion Process. Which of the four is difficult for you and what specific action could you take to enter that element with patience and attentiveness?

Going Deeper

7 Ways to Navigate Change Like a Yogi

Use these core yogic teachings to support you through radical life changes.

Below is a link to an article by Sally Kempton. The article is about navigating change and transition from the perspective of yoga. It's a powerful synthesis of a number of important actions and non-actions you can take during transitions. Spend time pondering it over the next week and determine what insights from the article best serve you in your current transitions. You could also use it as a discussion tool with your group.

[Click HERE to read the article.](#)