

# Life Dreaming Morsels



## Change & Transition - The Space between 2 Trapezes

Our dream/goal will always involve change. And change is not just about leaving the bad and the boring behind.

In order to move [literally/figuratively/psychologically] to the dream we have to say goodbye to things we love ... to people ... ideas ... beliefs about ourselves ... feeling safe ... places we love.

You need to create space to say goodbye ... take the time to mourn the good stuff you are leaving ... learn from the shitty stuff ... and make some choices about what you're taking with you.

I've moved a hell of a lot in my life physically [and emotionally ... damn right] ... at first it was because dad kept getting promoted ... and then at 15 it was to go away to senior high school ... and then university ... and then first boyfriend ... and then new jobs ... and then from OZ to Ireland ... and then.

There are payoffs and pain in staying ... and payoffs and pain in changing. It helps to acknowledge them.

When change happens ... whether it was our choice or not ... it can take time for our **'insides'** to catch up with our **'outsides'**.

Our **'outsides'** are called situational changes ... the things we can see ... new home ... new career ... new baby ... new dance move ... new course ... new training ... new friends ... new hobby ... new money ... new partner ... new business ... new country ... new holiday ... new dream

Our **'insides'** are the psychological transformations that take place when we are involved in change ... and they can take longer to happen than the outside change. We can feel confused and lost and excited and out of our depth ... all normal ... and we need to recognise that transition time is needed.

I wrote a Life Dreaming Morsel called Change Rooms that talks about the Dazed and Confused space ... as well as the Contentment, Unsettled and Clarity Rooms.

Feeling confused and lonely and scared and excited ... that space between 2 trapezes ... needs to be acknowledged because if we don't we may think our decision/dream was a bad one and not give it a chance.

We may give up because we haven't given our insides time to catch up with our outsides.

This space between 2 trapezes can be an amazing opportunity for personal transformation as you let go of old habits [and/or people and places] and decide what you want to take with you ... literally and figuratively.



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# Life Dreaming

activity



Print off as many of the following sheets as you need for each dream.

Look at the different dreams you are creating and answer this question:

In order to move to each new dream ...  
what will I say goodbye to [leave behind] and  
what will I take with me?

It could be attitudes, behaviours, people, places, activities, things, memories, emotions ...

You could also put in images and photos and create a montage in any of the boxes.

Then, try to answer these questions:

How do I feel about moving from the old to the new?  
How might I celebrate and mark the transition from  
where I am now to the new dream?

You can write down things ... stick in some pictures ... draw ... play with colour and texture.  
There are many ways to record how you might celebrate the transition.



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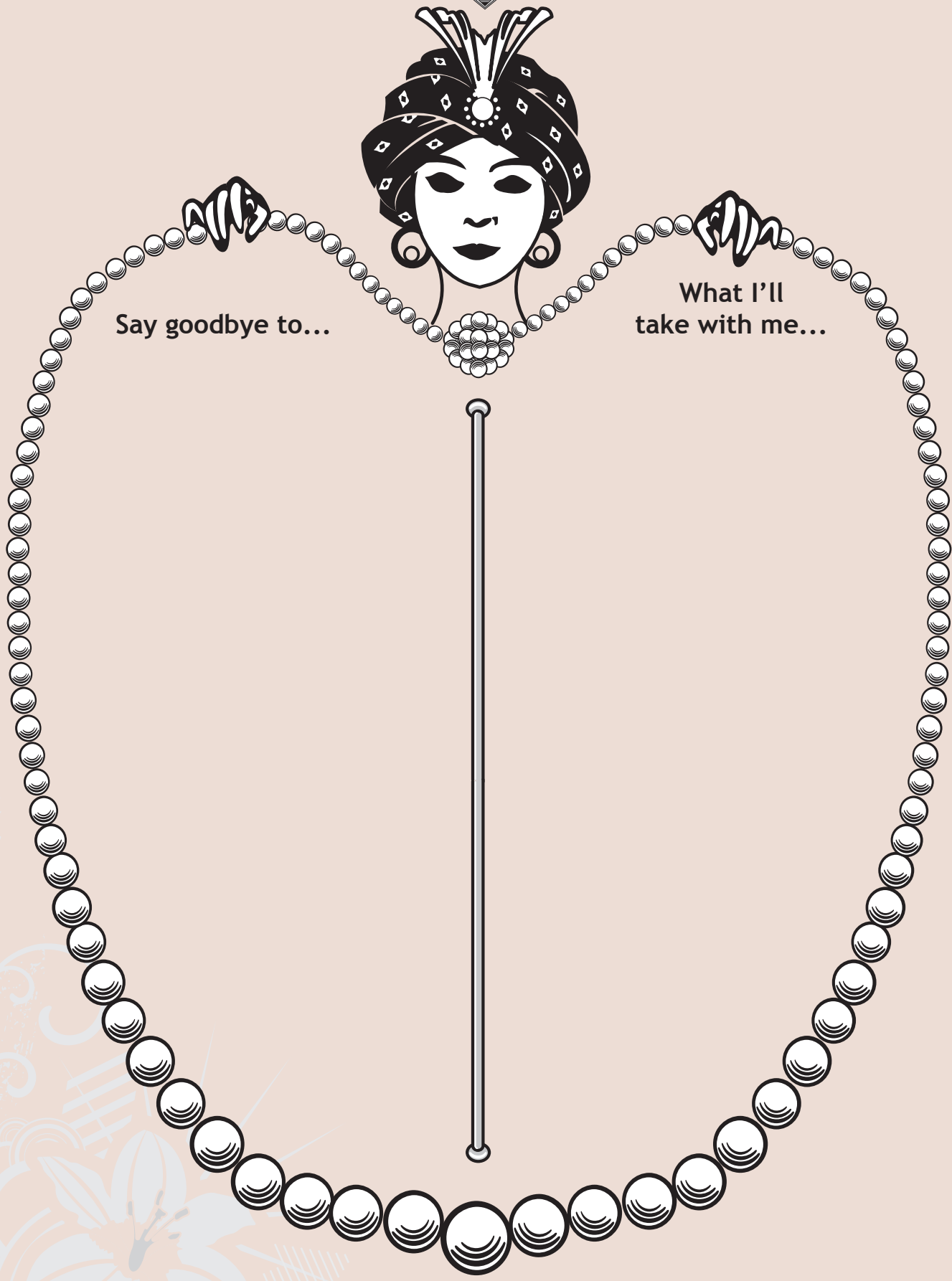
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Dream ~



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Dream ~



How I feel about moving from the old to the new...

How I might celebrate and mark the transition from where I am now to the new dream...



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Musings

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