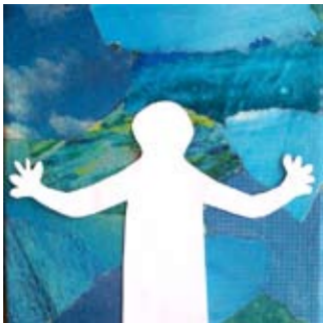


‘The unfolding pamphlet on change’
opens out like a small book.
This is a sample.





As long as we're living,
change will be happening.

Some changes in our lives
have a bigger impact than
others.

Even positive changes
can include rocky patches.

spiritual experiences

relationships

menopause

new job

death

shifting country

marriage

sickness

family change

belief change

birth

natural
disasters

retirement

starting study/
finishing study

divorce

financial change

vocational
change

shifting town

aging

job loss

Change can



....come from nowhere and
cut across our lives



....emerge from the
inside as desire or
discontent



....come from a build-up of outside factors eventually impacting right down to our core



...arrive subtly like a
whisper or invitation.

Change creates different feelings

A word cloud of emotions associated with change. The words are arranged in a circular pattern and color-coded: red for negative or intense emotions, orange for moderate emotions, and black for neutral or common emotions.

anticipation
impatience
wonder
disorientation
excitement
grief
anger
emptiness
speed wobbles
fear
desire
anxiety
uncomfortableness

It can make us ask:

“Who am I, now that this has happened?”

It can also make us ask:

“Who is God, the divine, the spirit now that things are different?”

Side one of the pamphlet continues like this:



Side two opens out to several quotes from writers about aspects of 'change'.



The pamphlet is a resource for individuals and groups exploring patterns and processes of change.

For orders or comments email
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