

## Do I Need to Change?

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"How do I know it's time to re-make or transform myself?"

In keeping with the theme of the previous two articles (Who am I and How Did I Lose Myself), this question logically follows. There are times we need to re-new and re-make ourselves. How do we know when it's time? What if there are no major life-role changes or events? In other words, what about if there are no obvious signs that we need to change?

Certainly when our role changes rapidly, this can contribute to a very immediate and necessary re-making of our self-identity and roles. These events are obvious: suddenly widowed, unexpectedly pregnant, losing a job. These are big events which cannot be ignored.

What if there are no "big" events in our life? Do we still need a transformation? Maybe. There are times that we begin to change gradually, and in hindsight, we understand that the change was preparing us for the next phase of our lives. This gradual change has some signs:

- Thinking new thoughts/ideas
- Suddenly becoming interested/drawn to a particular subject, activity, cause
- Recognizing a need for new resources/actions
- Feeling restless
- Feeling dissatisfied even though there are no obvious reasons
- Feeling "itchy"
- Feeling a longing (to do more, be more, see more, experience more)
- Wanting to stretch and expand ourselves and our situations
- Feeling a pull inward (focusing on the inner world and thoughts)
- Feeling a need to feed our souls
- Feeling like we are drying up or dying inside
- Having a sense of seeking
- Feeling like we have a higher calling

These signs are the call to turn inward and take the heroic journey of transformation. If we accept the call and take the journey we will open our creative energies; find new strengths, abilities, and gifts in ourselves, be more intentful in the decisions we make, and transform ourselves and the world around us for the better.

This heroic journey of transformation requires courage. It requires courage to step into the unknown, to keep moving forward without a clear vision of the end, to try new things, to let go of old things, and to step into the desert or "wasteland". This is a difficult journey and at times may feel as if we are regressing. It is a hard thing to deliberately consent to enter a barren time or "wasteland".

However, every difficult journey rewards us. It is through this stripping away and barrenness that we find the gifts in each journey. There is new freedom to be experienced. It is your choice. The call will come; will you refuse it or accept it and take the journey?

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