

## Living in times of change

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Almost every article or business brochure you read these days starts with similar words: "We are living in times of major change". But what is actually happening? This article will provide you with some useful insights, that can help you understand better what is going on and take your own position of how you want to be in these dramatic times. At the end of the article we will give you 10 advises of how to stay strong and fit in these exiting but sometimes stressful times.

For centuries things have stayed more or less the same. Yes of course there were changes, but they took place slowly and occurred only every now and then. Building a cathedral or a Buddhist monastery would take hundreds of years and they were meant to last for hundreds of years. The people that designed and started to build it knew they would never see it finished. Think of trying to promote and finance a project like that today?!

Today we seem to be living inside an avalanche of change. Computers, globalisation, 24 hours economy, telecommunication, cars, airplanes, floating trains, the blending of races and cultures by the dropping of borders, the internet, electronic banking, hart operations, space travelling, nuclear power, all appeared in one century!

Change is happening so fast, that for example in the time you buy a new computer and walk from the shop to your car, 3 new models have come out that are cheaper and faster than the one you have just bought.

We are constantly being bombarded with impressions and new ideas or concepts.  
How to stay mentally sane when everything around you is changing all the time?  
When values, standards and principles that have been upheld for ages don't seem to apply anymore?  
When neither politics nor current religions seem to be able to provide answers to the global problems that arise?

### Where to begin?

There is a wonderful analogy for the times we are going through at the moment. When a piece of land is left bare, within a fortnight it will be overgrown with weeds. These weeds are called 'pioneer vegetation' and have as their function to clean up and make ready the soil for next generations of vegetation, by attracting oxygen, nitrogen, phosphor and sulphur from the air. The next generation of vegetation is not going to take over from the first in one night, but will generally take over from the weeds, by taking in their place and catching their sun. Whilst one vegetation is diminishing, the other is increasing, slowly taking over until the influence of the first vegetation has almost completely disappeared.

In understanding the times we live in today another analogy can be added on to this, which is the analogy of silver and gold.

Gold is found in nature in lumps, called nuggets, and has the tendency to stick together. This can be compared to the times we are coming out of, times of longevity, durability and stability. Times in which a 16 year old would begin to work for a boss with the idea that he would be working there for the rest of his life. He would be loyal to the company and the company would take care of him even after his retirement.

Silver is found in veins, widely spread under the ground, and has the tendency to grow out. This can be compared to the times we are heading into, times of change, speeding up and instability. Nowadays young people start their first job with the idea of learning as much as they can for one or two years and to then move on.

Companies are restructuring all the time, to meet the challenges of an ever-changing market, regularly having to fire large amounts of employees to lower the costs and improve profitability.

It's obvious that the planet and the human race are going through an enormous phase of change in all areas. The golden influence of stability is decreasing, whilst the silver influence of change can be felt more each day. And it isn't over yet!

## What does this call for?

For ages things were done just because that was the way one was supposed to do it. Religion, tradition and social control prescribed how one was supposed to behave. But the old rules don't seem to apply anymore in these days, and all around standards are dropping and disappearing, waiting to be replaced by new ones. Where before security could be found outside oneself (church, job, community), today the security needs to be found inside oneself.

In other words: in a silver epoch one needs to develop the gold that is so much lacking in the world inside oneself. Personal religion, spirituality, principles and standards are vital issues if the human race is to survive as a species.

In these times it is important to determine:

1. what is important in your life
2. what it is you are good at and love doing
3. what you believe in and find worth fighting for

These are the golden principles that can help you stay intact in dealing with the demands of the silver times around you.

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## Ten practical tips

that can help you in these chaotic times

1. Be selective towards the information that you take in through radio, TV and newspapers. Everything you see or hear needs to be 'digested' and a lot of it is manipulated and far from the truth!
2. Get rid of debts and only buy something if you can afford it, (financial) worries cost a lot of energy and limit your freedom to think and to move
3. Mix a lot with people that think and feel the way you do. Read good books and try to form your own perception of what is happening in the world.

4. Take good care of yourself and the people that are dear to you. Healthy food, enough exercise and especially a lot of humour will keep you strong and fit.
5. Generate as much as you can in areas that you are inspired about. When you're full of life and inspiration there's less room in you for negative thoughts, which will improve your well-being.
6. Start every day with 15 minutes for yourself, in which you think about what you want to be, do and achieve that day, based on what you find important and value in life. It will help your determination for the rest of the day.
7. Keep it simple. Things are what they are, even though this world is specialised in making simple things complicated. Remember that the truth is always simple, and work things out for yourself.
8. Remember that there are others and other creatures that are less fortunate than you are and do something for them regularly. It is important for your self-esteem to do so.
9. Work out what you don't want in your life, what you don't want to happen to you and what you don't want to do yourself, and live your life accordingly.
10. You alone are accountable for your life, don't let others tell you what to do, and don't blame others for what is happening to you.

## Conclusion

We are living in extraordinary times, where more is possible than there was ever before. It may seem like everything that one could rely on has been broken down, and it is. But we now have the chance to build a new world, a new culture, according to what these times are calling for.

Let's do it – it can be done!

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