

they fight it, resist it, and try to control it. This resistance is what usually causes suffering; for it creates sorrow and disappointments. However, change only becomes hard and painful when resisted.

Change should be first dealt with acceptance and simplicity. It's reality being manifested and we should naturally allow it by diving into it head first. One should never be afraid of change or new experiences. It is how we grow and learn through life.

Again, our whole life is based on change. From morning to night, from season to season, from year to year, everything is always growing and transforming. Yet life doesn't stop.

Resisting change is like trying to resist nature. It will never work. □We can only change the variables. We can change our reality by changing ourselves, by changing our perspectives as how we look at things. Reminding me of George Bernard Shaw's true words: *"Those who cannot change their minds cannot change anything."*

But in the end, we can only control what we have power over. The rest, is not up to us.

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