

Seven Potent Truths of Change



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You know those moments when you feel so slammed by life that you have no choice but to surrender? I stumbled upon these truths during an on-my-knees moment of going through a very long and uncomfortable transition.

After 25 years, I'd come to the end of my time working as a massage therapist. I knew it was time to offer the other modalities I'd learned — energy healing, coaching, and meditation instruction — as my main way of helping and healing. But I just didn't know how to present myself in a way that would be as relatable and easy to understand as saying "I'm a massage therapist." This scared the hell out of me.

Who am I now? How do I describe myself?

Am I a spiritual healer? A coach?

How do I now describe myself and my work in a way that creates connection and curiosity, the way the words massage and bodywork can so easily do?

While change isn't always the portal to transition, transition is always about the inner journey from one sense of self to another.

I didn't have the vocabulary. I didn't have enough experience to really trust and express myself clearly. I was in uncharted territory and it was scary.

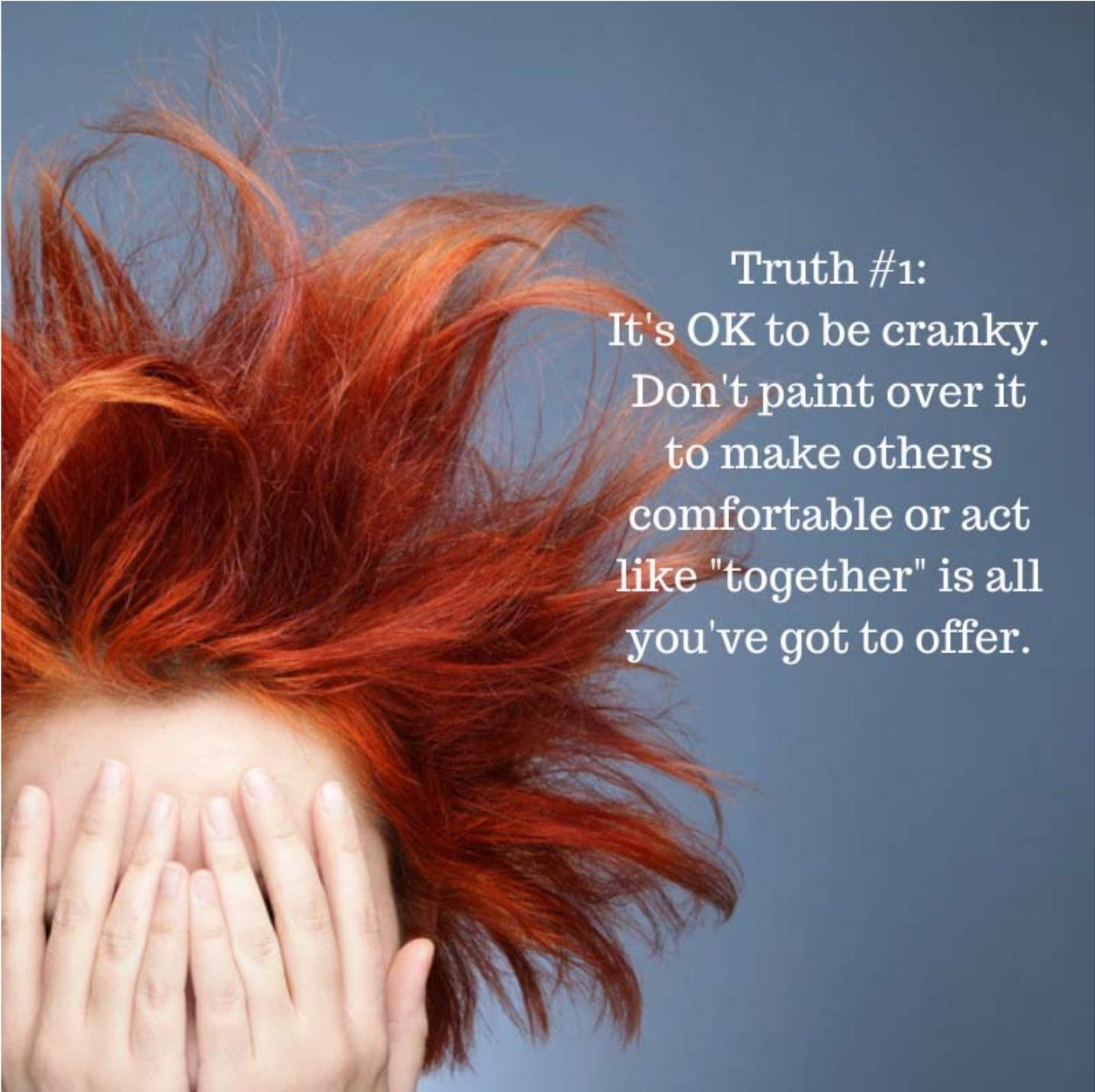
I was in the messy middle and it brought me to my knees.

What enabled me to get off my knees and back in motion? Speaking up (even if I didn't know for sure what to say), being real (out loud and in my heart to the larger Mystery), and feeling exactly how I felt enabled these truths to come through.

I started moving through my days with renewed energy. This new way of seeing myself and my work was now settling inside me.

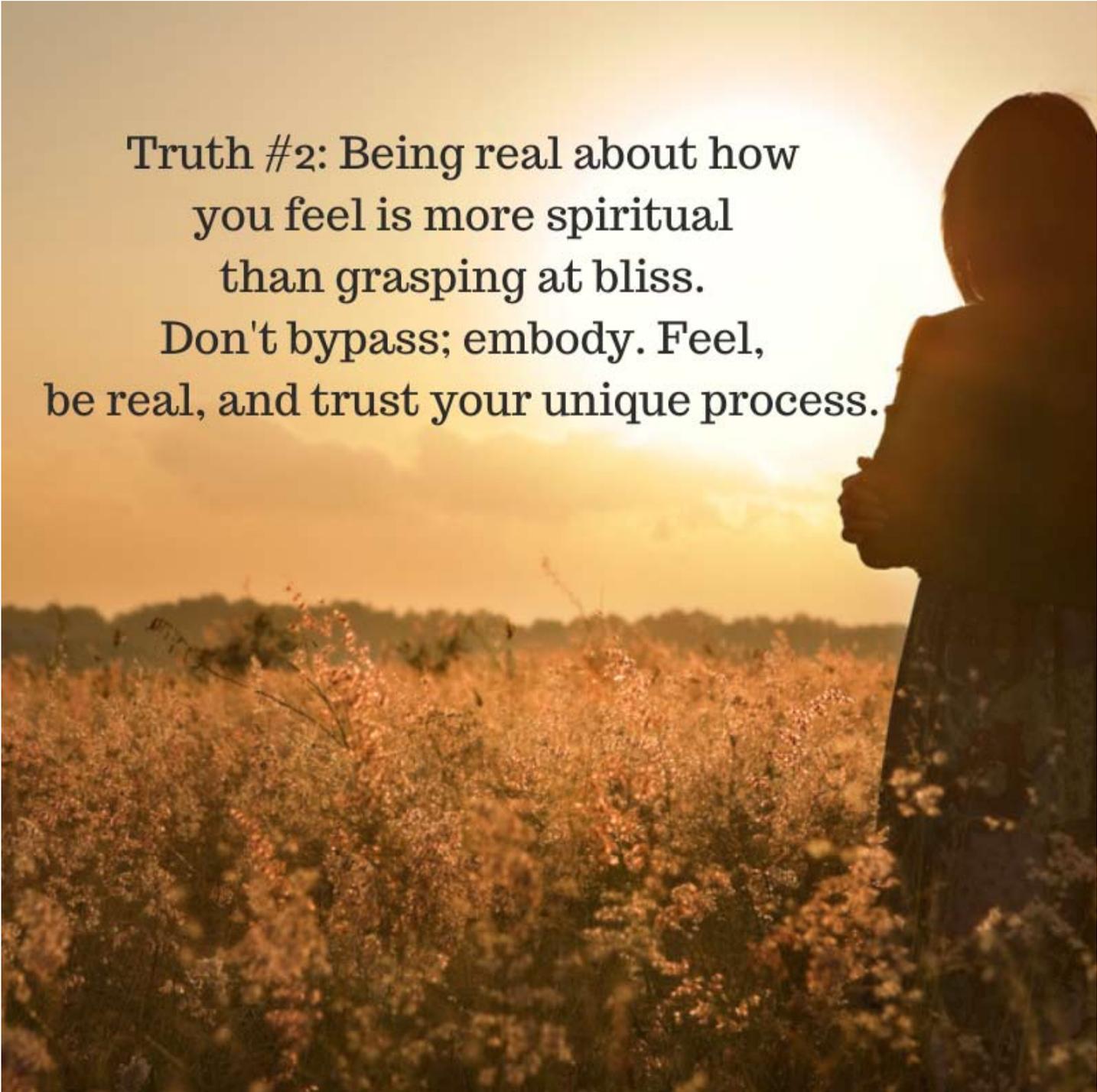
It was the beginning of a shift from the seemingly endless messy middle to knowing who I now was as a healer. And it was the beginning of my work in helping other women through their own uncomfortable transitions.

May these truths, simple yet potent, serve to remind you that no matter what stage you're at in your own transitional journey, underneath all the static, you are exactly where you need to be.

A photograph of a person with long, vibrant red hair. The person's face is completely obscured by their hands, which are pressed against their forehead and eyes. The background is a solid, muted blue color.

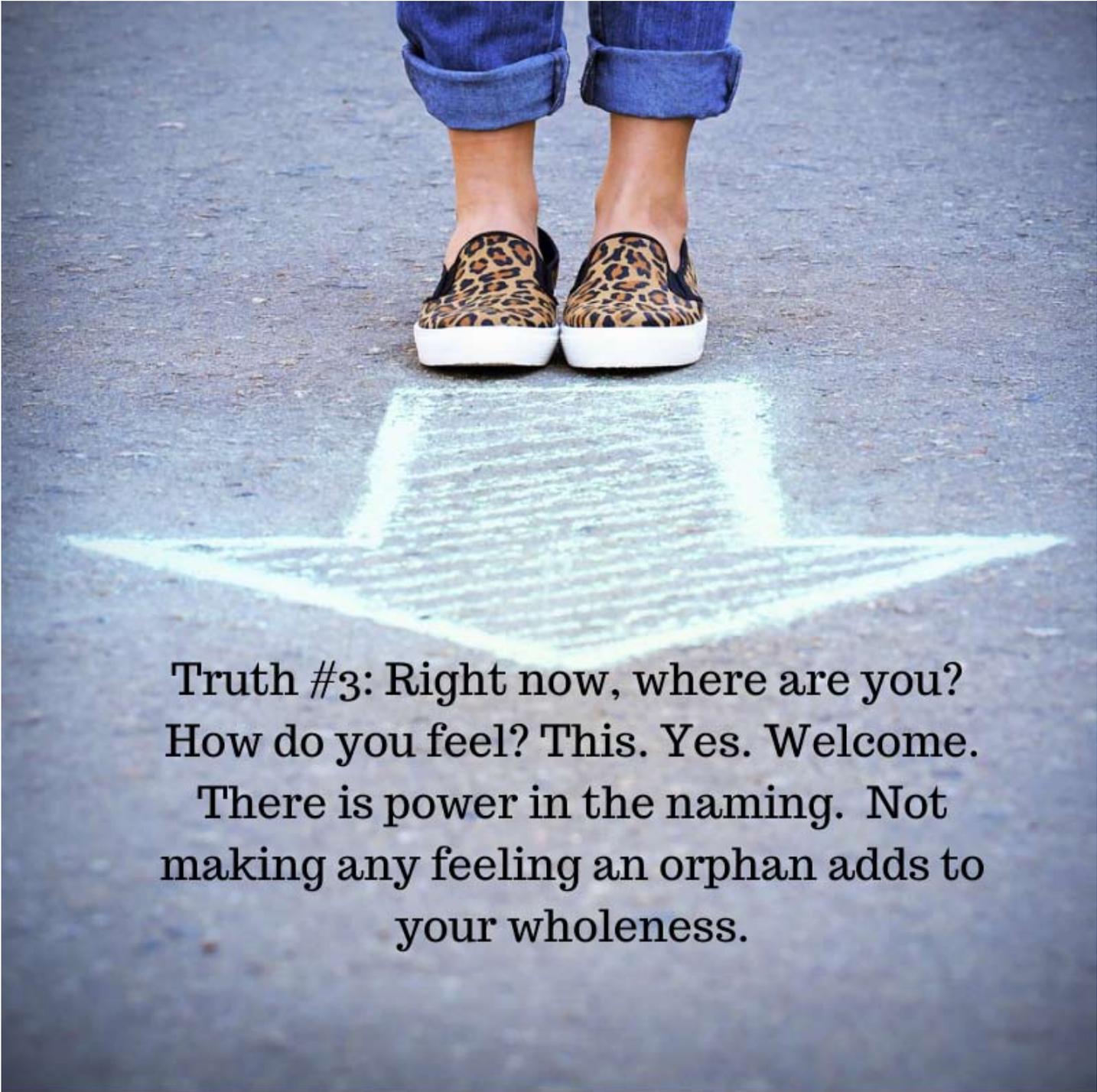
Truth #1:
It's OK to be cranky.
Don't paint over it
to make others
comfortable or act
like "together" is all
you've got to offer.





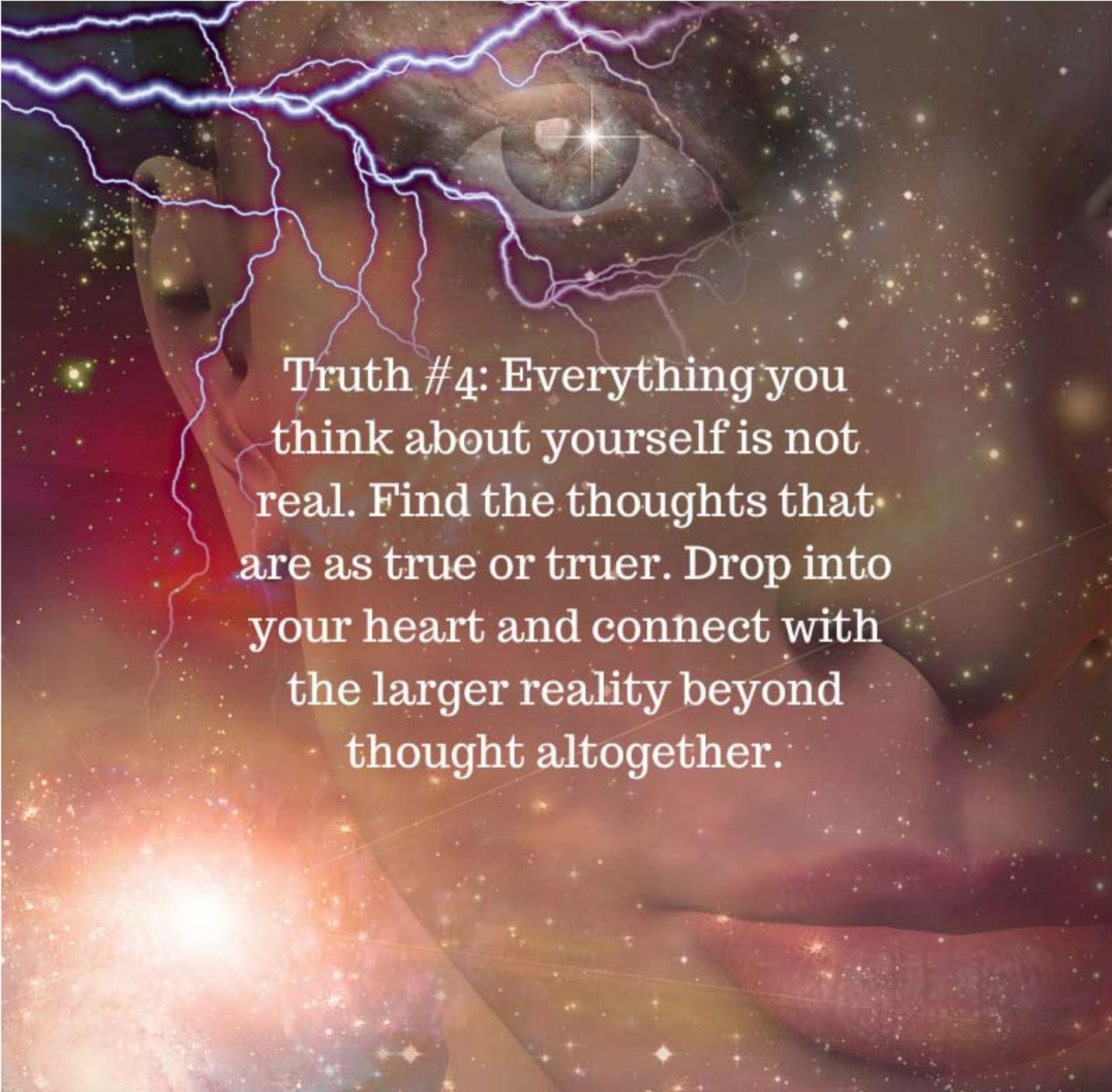
Truth #2: Being real about how
you feel is more spiritual
than grasping at bliss.
Don't bypass; embody. Feel,
be real, and trust your unique process.





Truth #3: Right now, where are you?
How do you feel? This. Yes. Welcome.
There is power in the naming. Not
making any feeling an orphan adds to
your wholeness.





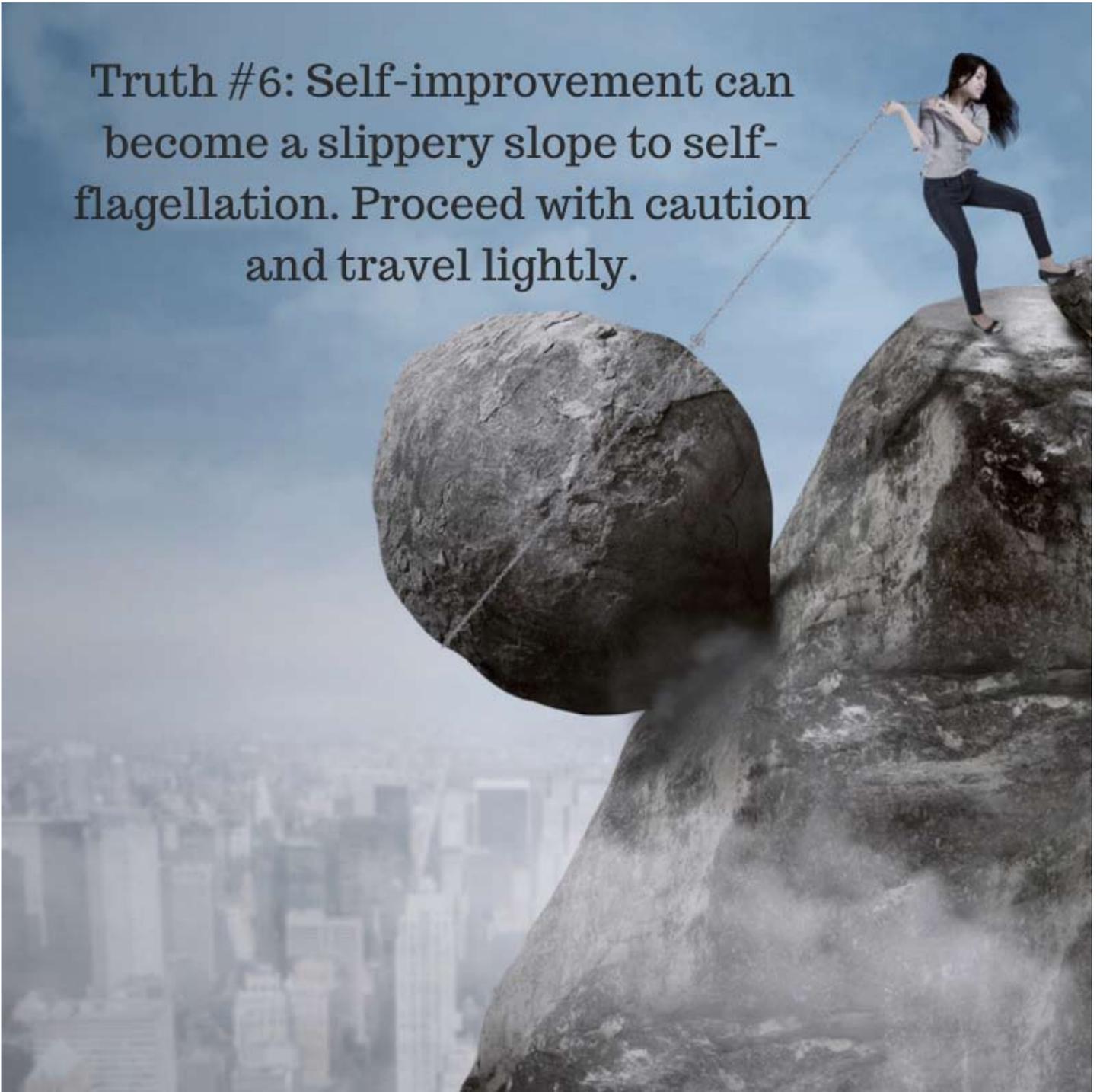
Truth #4: Everything you think about yourself is not real. Find the thoughts that are as true or truer. Drop into your heart and connect with the larger reality beyond thought altogether.



Truth #5: Who you
are, just as you are,
is enough. Own it.
(This is actually
Truth #1...and
2...and 3...)



Truth #6: Self-improvement can become a slippery slope to self-flagellation. Proceed with caution and travel lightly.



**Truth #7: Soul nourishment
is the new self-improvement.**

**It's rooted within.
Pay exquisite
attention to the call
of your tender heart.**



Which of these truths speaks most powerfully to you?

What one (or two) truths will assist you most in the time ahead?

You might want to print it out, and place it where you can see it on a daily basis to remind you of what you know.



Ready to take fresh steps through your own transition and move toward what's next?
Let's book a time to meet, talk, and explore what your best step might be.

Call/text 973-768-8257
or



click here to schedule your free 30 minute discernment call.



Sharon Rosen, LMT, CWC has helped people relieve the stresses of life since 1987. She's a transition coach and change catalyst for women experiencing the difficulties brought on by transitions such as grief, divorce, or career change, helping them move from conflicted and uncertain to confident and grounded. Her book *Crazy World, Peaceful Heart: 6 Core Practices for Cultivating Joy and Resilience*, is filled with heart wisdom and simple, effective practices that create palpable shifts. She works in-person or long-distance with individuals around the country and also teaches meditation and self-care to groups and organizations.

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