



# Embracing Change Management

*Hopefully your hard work and planning have begun to result in tangible experiences for your enjoyment and highest good in 2007! This new calendar year is a powerful reminder of the ever-present reality of change, and an opportunity to shift from survival mode to utilizing the energy of change to make a positive difference in your personal daily experiences.*

Our spiritual community, through total membership involvement, has chosen to recognize the change in spiritual evolution by adding to our current name the Huntington Beach Church of Religious Science, the DBA of Sangha, Center for Spiritual Living. The word “Sangha” is a Buddhist term which refers to a group of like-minded people who support each other spiritually. At Sangha, we study and practice the principles and laws of the master teachers that include Jesus, Moses, Gandhi, Abraham, Martin Luther King and many others to see the God consciousness in all beings. Our spiritual vision is a loving, inclusive community – expanding spiritual awareness and connecting lives.

In your life, have your pace and priorities changed your overall experience? A change of pace in anyone’s life can either be handled as a problem or as a challenge to grow personally - it’s all a matter of your perspective! As our founder, Ernest Holmes, wrote “Change Your Thinking, Change Your Life.” The word “change” is defined as “to transform – to pass from one state or form to another.” What new changes can you implement into your daily life that will support your personal and spiritual growth? Your goal can be to embrace and manage your personal opportunities for change.

For example, some people get upset when it rains or when there is heavy traffic on the street or when the IRS comes calling or even when tourist season begins in Huntington Beach. And yet for others, the rain clears the air, any extra time in the car is used to listen to positive inspirational music, paying taxes is part of the money circulation process which reflects our financial freedom and some even look at the tourist season as an opportunity to share the beauty of their city and a necessary source of funding for the ongoing beautification of HB as a world-class attraction.

No matter the event or occurrence, you have the opportunity to immediately embrace and shift your own thinking. If this change stirs up feelings of anger, resentment, fear or doubt which will not contribute to your happiness – then it’s up to you to develop a newfound passion for what happiness and success truly mean to you and to shift your individual focus and priorities.

You can begin to express this newfound passionate energy through a willing acceptance of “better and greater in 2007” for yourself in terms of people, places and things. You can then infuse this passionate energy into your choices, breaking your short-changed cycle, to transform your thinking and energy to become the “change manager” in your own life NOW!

Here’s an affirmative acronym that may give you greater insight into becoming your own powerful Change Manager:

**C - Choosing**  
**H - Happiness**  
**A - And**  
**N - Navigating with**  
**G - Gratitude &**  
**E - Enthusiasm**

When life throws you a curve, manage your personal experience by consciously choosing a positive attitude which you now know can transform your life into just what you want it to be. **HB**

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