

# Adaptability & Detachment

If you can be adaptable, change will evolve naturally, along the path of least resistance. If you struggle to hold on to things that now belong in the past, it just increases pain and suffering.

Consider wild grasses that bend in strong winds and stand upright again after the wind dies down, while stiff woody branches break with the force. Adaptability is like that.

Be flexible enough to bend, let go of old ideas, possessions, routines. When the strong winds of change blow in, it's the attempt to hold onto the past which does the only damage.

Change always involves sacrifice and could also be called 'ex-change'. You exchange money for a new haircut. You exchange your 'bachelor' life to take a wife.

There is only one 'now' and only one 'you'. The old and new 'you' cannot exist side by side, in the same 'now'. You can't accept the benefits of a new way of being if you aren't prepared to give up some of your old ways.

Aside from practical sacrifices, such as lifestyle or financial comfort, major change often calls upon you to release perceptions about yourself and your world. This 'shake-up' of your identity, your inner world, can often be far more challenging than any external disruptions.

People often have a great deal of attachment to who they think they are and how they want to be seen by the world. When uncertainty begins to arise here, it creates a strong feeling of instability. The natural response is to resist the change process and cling tightly to the 'old self' and the 'old ways of being'.

This then creates a great deal of unnecessary suffering.



The truth, of course, is that the 'real you', deep within, is steadfast and unchanging. All those outer perceptions are like the clothes you wear. You change your outfits, and your style of dress, many times over, and likewise your identity perceptions.

If you are able to release attachment to these, to let go of beliefs about who you think you should be and how you want the world to see you, you give yourself the freedom to evolve into someone even more amazing and beautiful. You create a space for different parts of yourself, which may not yet have had the opportunity to be expressed, to come forth and be revealed.

The phrase "whatever doesn't kill you makes you stronger" is an apt description for this process.

I imagine that you can remember, more than once in life, coming out of the other end of a very challenging life experience with a new level of strength, or resilience, or patience, or compassion, or a new view of yourself or the world around you.

While it may have seemed really difficult at the time, and maybe even horrible, it was always worth the journey to become the incredible person you are now.

Whether a change is planned for, or unexpected, this identity shift is always part of the process.

If you can understand this, and try to keep your detachment to some degree, it will make your transition a whole lot easier.

You can never really know who you are becoming. All you can do is accept the truth that you won't be the same person you are now, and try to let go as much as possible.