

# CHANGING COURSE

Sometimes we have to change course. We have to come about in the boat, we have to change sails, and we have to plot a new course.

Ideally, we have a plan, we have the course charted, and we know where we are going. Then, wham, it happens. The world is upside down, changed in an instant. Our plan, our course, is no longer valid, the assumptions wrong, the destination changed, all in an instant.

The change can come about for many reasons, weather, equipment failure, sickness, death, family problems, personal awakening, employment or financial. There are a multitude of times.

In life you will have to alter your course many times. That does not mean you don't need a course, you do. It does not mean you have to hold to the course set at all costs, it doesn't. It does mean that when change is upon you, and you need to change, then you need to plot a new course before moving forward.

The change of course can be permanent if that is what is best for you. It can be temporary, be it for a week, a month, a year, or five years. We can always get back to our course, the one that fits us, when the time is right.

Racing in a new direction, or any direction, without a plan and destination is a recipe for waste, frustration, loss of time, and negative energy. You can't race ahead without the knowledge of where you are going, what provisions you need, and the road map to get there.

Sure, you may not have the entire plan in detail; but you need an overview and the details of that which is close at hand. Then you can fill in the other details as you get closer to needing them.

If driving from the east coast to the west coast, you know the direction and the general road map. You don't have to know the specific details of every road at the start. As your travel the course, some of the details will present themselves based on where you are at the time. Knowing where

you are going is critical, but adjusting to the changes, as needed, is also critical.

The key is to have a course and to change it, willingly, as needed.

We may not like the change, we may want to resist it, and we may do so. We may ignore the request for change as, for us, the change is not needed, and we are willing to accept the consequences of going forth with our existing plan. That is an option and, at times, the best option. We don't just change on the whim of another person.

Embrace the change when it's necessary. Don't fight, don't fret, don't be a victim. You are in control, exercise that control, change the course as it best suits you based on the current circumstances.