



10 Steps to Making Change Easier

Change doesn't have to be hard. Here are 10 steps to help make it easier.

1. Begin by making small changes and break up large-scale changes into more manageable increments. This can make you more comfortable with change in general.

2. Mentally link changes to established daily rituals. This can make changes like taking on a new habit, starting a new job, or adapting to a new home happen much more smoothly.

3. Going with the flow can help you accept change instead of resisting it. If you stay flexible, you will be able to ride out change without too much trouble.

4. When a change feels most stressful, relief can be found in finding the good that it brings. An illness, a financial loss, or a broken relationship can seem like the end of the world, but it can be a blessing in disguise.

5. Change involves a degree of learning. If you find change particularly stressful, try to keep in mind that after this period of transformation has passed, you will be a wiser person for it.

6. Remember that upheaval and confusion are often
- natural parts of change. While we can anticipate certain things change might bring, it is impossible to know everything that will happen. Be prepared for surprises!

7. Don't feel like you have to cope on your own. Talk about what's going on with a friend or write about it in a journal. Sharing your feelings can help you find the strength to carry on.

8. Give yourself time to accept any changes that you face. And as change happens, recognize that you may need time to adjust to your new situation. Allow yourself a period of time to reconcile your feelings.

9. You will eventually adapt to these new circumstances. Regardless of how great the change, all the new that it brings will eventually weave itself into your life.

10. If you're trying to change behavior or navigate your way through a life change, don't assume that it will be easy. Wanting to cry or be moody during a period of change is natural. Then again, maybe it will be easy!

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The Sayings of the Jewish Buddha



If there is no self, whose arthritis is this?

Be here now. Be someplace else later. Is that so complicated?

Drink tea and nourish life; with the first sip, joy; with the second sip, satisfaction; with the third sip, peace; with the fourth, a Danish.

Wherever you go, there you are.. Your luggage is another story.

Accept misfortune as a blessing. Do not wish for perfect health, or a life without problems. What would you talk about?

The journey of a thousand miles begins with a single Oy.

There is no escaping karma. In a previous life, you never called, you never wrote, you never visited. And whose fault was that?

Zen is not easy. It takes effort to attain nothingness. And then, what do you have? Bupkis.

The Tao does not speak. The Tao does not blame. The Tao does not take sides. The Tao has no expectations. The Tao demands nothing of others. The Tao is not Jewish.

Breathe in. Breathe out. Breathe in. Breathe out... Forget this and attaining Enlightenment will be the least of your problems.

Let your mind be as a floating cloud. Let your stillness be as a wooded glen. And sit up straight. You'll never meet the Buddha with such rounded shoulders.

Deep inside you are ten thousand flowers. Each flower blossoms ten thousand times. Each blossom has ten thousand petals. You might want to see a specialist.

Be aware of your body. Be aware of your perceptions. Keep in mind that not every physical sensation is a symptom of a terminal illness.

The Torah says, Love your neighbor as yourself.. The Buddha says, There is no self. So ... maybe we're off the hook ...

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