

Winter has a tendency to sneak out unexpectedly on us almost every year. We think that we are prepared and happy to face cold weather and snow, but somehow it still takes us several days (or even weeks) before we are OK with such CHANGE. If we allow for that to happen, this word - CHANGE - can affect most of us in a negative way. What to do then? Recently I come across posts by Brian Lee and Dr. Rob Jackson, and I would like to share with you their perspective:

“The only thing constant is change, so you have to learn to embrace it.

As human beings, we have an amazing ability to overestimate what we can do in the next year and totally underestimate what we can do in the next 15 minutes. In these closing days of 2013, it's more important than ever to emphasize just how much of a difference the next 15 minutes can make in your day.

So, for now, forget the long-term and instead focus only on what is right in front of you. The next year is not guaranteed: this moment right now is all you have.”

“Now looks like the perfect time as we are approaching the year end with all the holiday preparations, possible travel, families moving around and holiday hours. All of this momentum of activity that goes on around us at this time of year has a tendency to create the need for change, but the trouble is so many of us fight this with all we have and we can become victims of our own circumstances instead of victors of good choices and our ability to embrace change! With that in mind, here are your practical applications:

- 1. Focus on the next 15 minutes all throughout your day starting today and through the end of the year. You will find that you won't get derailed as easily or caught up in side issues that have no relevance for the next 15 minutes of your life.*
- 2. Embrace change instead of fighting it! This may be the toughest thing I ask you to do this. I know for myself, just getting out of the rut of what I do each and every day is an important step for me to take, so instead of waiting for it to creep up on you, grab it by the horns and embrace some of this starting today. Get up 15 minutes earlier and spend some private time either praying, meditating, or stretching so you can get yourself ready for the day. Drive or walk a different route to work each day. Cause your brain to change the stimulus that it has become numb to by creating change of your own. Eat something or somewhere different at lunch each day. Bring some flowers or chocolate or something healthy home as a snack or special treat, even if it's just for yourself! Creating change that you can work with will help you experience success in this area of your life that so many have trouble and real fears about, so celebrate your successes each and every day.*
- 3. Find someone to hold you accountable for the bigger changes that you want to make and stay in touch with them every day for the rest of this year, if even for only a couple of minutes and talk and share about your successes and your failures if you have some. Realize that no one is perfect and this is an exercise not an instant makeover that looks like what happens on one of those shows on TV. This can be a family member, a friend, a colleague, a counselor, a coach or mentor, really pretty much anyone you want. Just make it a point to contact them by phone, text or e-mail regularly for the rest of the year and focus on how change is affecting you and how you are affecting change around you as well.”*

*...Two roads diverged in a wood, and I,
I took the one less traveled by,
and that has made all the difference.*

Robert Frost

It is not easy to face unknown. It means that you have to forgo some of the control and be OK with outcome. If we never practice this skill of letting go for small things it will get much harder and much more frightening when life put bigger issues in front of us. So, practice daily and don't forget to repeat "change is good!"

Thanks everybody for allowing me to help you, for your referrals, and for considering acupuncture, Chinese medicine and chiropractic as your first line of defense and support for health and well-being.

For more information about my practice, 2013 study trip to China and health tips and news please visit “**Amberlight Wellness**” Facebook page and our renovated website www.amberlightwellness.com.

Have a great beginning of New 2014 Year!

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