

Change is the effect of natural and artificial forces playing out in our lives. From the time we were created, our minds are moulded in the construct of good and bad, pleasant and uncomfortable experiences. Life is constantly reforming itself to the forces impacting it so that each entity attempts to exist by recreating, evolving and adapting to the changing environment. We are much a part of this process with one decisive difference, we imprint meaning to 'things' on an individual and in a group manner.

The question that comes to mind for us as humans are, what conditioning and imprinting on our minds has caused us to look upon our experiences in one way or another? What causes us to ask such questions as 'Why is life so hard', 'I did not see this happening to me', 'Why would (filling in the blank) let this happen to us? 'How is it that I have worked so hard and now everything has fallen to pieces?'

In attempting to address this century-old concern ask yet another question, 'what blueprint have we been given for our lives? What template are we using that supports or detracts from our ability to weather the storms of life? As humans, we experience nature in all its elements. We also experience the artificial forces, the manmade meaning of our experiences that give a different dimension to the word, concept of change. The question remains, what causes us to react and respond in the manner we do?

As living organisms we are as basic as life can be, 99% of our mass is made up of six elements oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus. Only about 0.85% is composed of another five elements: potassium, sulfur, sodium, chlorine, and magnesium. Yet whoever thinks of themselves in this manner.

Our brains control every thought and action in our bodies and are considered the most complex organ in the human body. The brain is divided into functional units that regulate particular tasks such as processing visual information, smell, taste, listening and feeling objects around us. There is one element of our brain that interprets an intangible behaviour called pain and pleasure, courage and fear, which in psychology are one of the same, emotion. It is the meaning we subscribe to an event that makes the difference in our experiences and hence in our lives.

A primary element of an individual is our cognitive skills. The mental act and process to acquire knowledge through perception, deductive reasoning and intuition. These are skills directly related to our knowledge of our environment and exposure to life itself. The natural emotions of pain and pleasure, courage and fear are enhanced by our being imprinted by both cultural and social meaning. The questions proposed earlier related to our jobs, the family dynamic and our desires within our manmade environments build a personal level of attachment that directs our decision-making more personally. We focus on a desired understanding of our current state of the meaning of our experience and life becomes more about me, you, and us! We can and do create meaning.

In beginning to answer the question, of how to adapt to change, we need to ask better questions. Consider this. What will it take to develop an engaging mind focused on seeking out learning styles that will support, adapt and evolve as situations demand? We desire to develop

these intangible skills that produce and accumulate a library of resource behaviour that permits us to adapt and manage change successfully even when outcomes are not achieved.

Trusting that this message reaches you in good health.

Ronald M Allen

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Science has taught us that we recall our experiences through receptors called neurons.

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