

RANDOM REFLECTIONS: Adjusting to Changes

By Kathryn Wishlow

It seems us “human beings” have a hard time with adapting to sudden changes. In January, I had a friend who is an astrologer tell me we would have a major outer planetary shift this year. Evidently Pluto (there was a dispute some time ago over whether it was even a planet, or just an ice ball) is moving into the location in the sky called Aquarius, and we have finally totally entered that era, the “Age of Aquarius”. Last time it was in this location, it heralded the chaos that precipitated the American Revolution and then the French revolution, both major thought changes.

According to her, “EXPECTING the UNEXPECTED” was about to become the norm. I took note as I do of everyone's perspective I have found to be valuable over the years. And, I laughed when she said, “Not only will your toast suddenly flip off the counter and fall on the floor, but it will land peanut butter side down!” I am not laughing about that kind of thing anymore. Last week my front doorbell rang unexpectedly. I was so startled, I jumped and knocked my toast off the counter. It landed jam side down!

In the last few months, I have had the privilege of hearing many stories

about “out of the blue” challenges and changes. I am no longer quite as surprised! So far, three of my close buddies have put their places up for sale. Because they were in their seventies, I made the mistake of thinking they were likely living in their “last” home. No, none of them sold to go into assisted living or homes for the aging. They all just wanted a fresh start, and not even to downsize which is the direction my thought process has been leading me.

Although I am certainly happy for them, I do not like those changes. A person builds up friendships, and a sense of community that helps you feel at home and secure. The valuable networking that takes place amongst friends and acquaintances, makes life so much easier to deal with when sudden challenges arise. For example, the first time a pipe burst at my house, a friend knew a good plumber to call. The problem was quickly solved before the flooding in my basement endangered my furnace, and my life!

Or another friend recommended that I use her mechanic to diagnose a weird car problem. She even sent her person over to plow my driveway one Christmas Day when

my regular plowing company decided to suddenly quit. Her husband kindly popped over and fixed my pull-out kitchen garbage when it jammed wide open one day, just before people were due to arrive for an important meeting. See what I mean? I would have had a tough time solving all of those sudden issues without my supporting network.

It works both ways. People call me and share the problems that perplex them if they think I have solutions or can add input. And I usually do. Or at least, I can provide a fresh perspective on who else to call, or what else to do. I think I am not alone in wanting to avoid a change of any kind unless I am positive the outcome will be for the better. Sometimes I even drag my feet in making a decision that will lead to a positive change. I really try hard to be flexible because I do know that the “*only constant in life is CHANGE!*”

(Kathryn Wishlow belongs to White Pine Writers Inc., a local group of like-minded authors who encourage and support all facets of writing and publishing literary efforts. Follow them on FaceBook or www.whitepinewriters.ca)