

change & stability



Describing the slowness of change is often confused with acceptance of the status quo. It's really the opposite: an argument that the status quo must be changed, and it will take steadfast commitment to see the job through.

Rebecca Solnit

Change will happen if the citizens of this country believe and make it happen.

Murray Sinclair

- What is your immediate response to unexpected change?
- What did you learn about change and stability from your family of origin?
- What is most supportive to you, as you adapt to new experiences?
- What images or metaphors speak to you about finding stability during change?
- What do you need in your life when unexpected change arises?

Let us linger on the wisdom of rocks—not as inert masses but as carriers of time, witnesses to cycles far beyond human comprehension. The rocks are not “wise” in the human sense of decision-making or judgment; their wisdom lies in their capacity to hold the paradox of permanence and change, of silence and endurance.

Vanessa Machado de Oliveira

How do we practice adapting to change, especially when change is unexpected or challenging? How do we practice ways of creating stability for ourselves and others in times of profound change?