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## Changes

Let's compare those 2 pictures of you. The one that was made when you were still very young, and the other being made quite recently. Wow, how you have changed. You have grown in length and your belly is showing the first signs of expansion. Even the wrinkles are becoming more visible and the expression on your face has lost its nonchalant emotion. Your body has changed.

Now let's compare the things which aren't directly visible. Your knowledge and wisdom for instance. In the years you spend at school, by applying the knowledge you collected you gained wisdom. By living your life you discovered that tripping leads to falling, which taught you ways to rise and stand up again. Very slowly your perspective of the world changed which made it possible for your opinions, ideas and beliefs to develop new content. The way you think changed.

Without consciously choosing for it, and without noticing, an enormous change very slowly passed by on you. Externally as well as internally, life itself has caused you to change significantly. But the way how you live life, has that changed as well?

Our whole life is nothing but a sequence of patterns. Things that we repeat almost on a daily basis, without being conscious about them. The way that you prepare your breakfast and the way that you reply when someone makes an unkind remark. The preference you have whether taking a shower in the morning or the evening and which hand you choose to wipe your butt. The pattern you follow on waking up and the routine you have for preparing for bed. Most likely many of these habits are with you already for a long time. They have become your comfort zone. Living life hardly changes.

Patterns are like train tracks. If we stop using them, at most they will start to rust, but the real disappearing will not happen. Patterns are the connection between 2 points and because of our laziness, we prefer to choose the road that is well-known. Only when you really observe your patterns and consciously choose a new path, is when the way you live your life will truly change.