



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 45 Transcript: Transition

This week, we continue the conversation around crossing edges by taking a deeper look at transitions. Navigating thresholds while being in transition is a challenging, yet consistent, reality of growth in our lives.

Heraclitus said: "The only thing that is constant is change." So, the better we can understand the process, and the tools necessary to transition well, the easier it is to move forward in life and make progress toward a more meaningful existence.

Transitioning through a change begins with acknowledging what has ended. We must honor what we are leaving behind. Sometimes we are overjoyed to see it come to an end, other times the completion is unwanted.

Either way, it's essential to intentionally recognize that this new beginning actually starts with an ending, and a loss of something familiar and known. This can be bitter/sweet and often involves grief and letting go. When the closure is undesirable, this makes sense. We will naturally grieve the loss of a relationship, job or city that we loved.

But, it's also true when we are transitioning into something we desire, like marriage or becoming a first-time parent, for example. We're often so excited about the new beginning, we don't acknowledge, honor and grieve the losses of how our life has been.

Going from the old to the new doesn't happen overnight. There is an "in-between" space that we must maneuver. This territory is often called a Liminal Space and is the intermediate stage between where we've been and where we are going.

Remember when we talked about the process of change earlier in the course? I acknowledged the internal map that guides our steps would be changing throughout this program. Our concept of who we are in relation to our world goes through a temporary disintegration before it breaks down, so a new map can be formed and developed.

Because the old map, with all our old stories, is how we've related to ourselves and everything around us, we can feel disoriented and confused in the liminal space of transition.



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As a result, we may begin to resist the changes, even though they are the very things we set out to transform. It's important to find some reference points in the "in-between" space or we can easily feel lost.

We aren't in the old anymore, but not yet fully in the new story either. It's helpful to name this transitional chapter in our life narrative so we can see the lay of the land and keep trusting as we allow things to move forward.

Transformation requires crossing-over. And, it's surprising how just naming it as a transition allows us to settle into it. "I am in transition." Those 4 simple words can help you find your grounding as you re-orient to your inner map and stay connected to your purpose and direction.

As we move toward the new beginning, we must welcome it and receive it. Choosing to cultivate hope for the new chapter in our story enables us to fully embrace it as it comes. Celebrate your wins, knowing that each small step into the new will bring reward for all the investment you've made in yourself.

Each of us are in transition, much of the time, in most areas of our lives. If we resist this reality, we get comfortable and stuck, unwilling to move forward. When we embrace it, we can experience change as a catalyst to create movement from good to great in our lives.

Here are some tools that support a transition from the old to the new:

Be mindful. Recognize and honor your feelings, thoughts and sensations. You've probably heard the Robert Frost poem quoted numerous times saying, "The best way out is always through." It's true. Notice what you are noticing, without judgment, and move through it to the other side of this transition.

Be flexible. Navigating transition is rarely a straight line, nor does it look like someone else's way. Experiencing every step, and becoming more resilient in the process, is all part of our growth and development. If we become rigid, we may get stuck in the familiar comfort zone that's been holding us back.



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Be kind to yourself and extend grace abundantly. Change is challenging. It's not easy to release things we've been holding on to for decades and embrace something new and different. Be compassionate and understanding toward yourself and you'll find that you feel as though you are right where you're supposed to be in the journey.

Take care of yourself. Crossing edges and navigating transition requires we guard our hearts, minds and bodies in the process. Surround yourself with people who believe in your progress, make sure you are getting what you need to feel energized and up to the task. Stay connected to your resources and the things that remind you why it's worth it. Practice ruthless self-care.

Keep moving forward. There is an Ecuadorian Proverb that says: "Everything takes longer than it does." I don't know whether to laugh or cry, or a little of both. Things take time. But, the longer you take to get started on this transition, the more time it will ultimately take.

So, without hesitation, let's get this transition started. Be sure to download the action guide to support this process and share what you are learning on our group page.