

Change – Is the spirit willing when the body resists?

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What is it that makes change so hard? Why, in the face of change, do we have such gut-wrenching, visceral experiences, our bodies screaming STOP when our intellect insists we must proceed? Is there not some way to make it easier or, at least, find a way to reduce the conflict?

You and I have been taught that our intellect is the key to getting over the past, holding the course on the present and creating a viable future. As such, we have come to rely on our logic; our ability to analyse, understand and reason our way through life, both at work and at home. This is not a bad thing, but it is also not the whole picture. Something critical is missing from the equation.

Quantum biology – the science of the 21st century – tells us that our bodies are massive, incredible, bio-processors; stunningly brilliant, organically engineered computers that process data at the rate of 3 billion bits of information per second. Logic and reason, on the other hand, can process seven (plus or minus two) items at a time. You don't have to be a rocket scientist to figure out which one you want in your corner for the big stuff!

Change is big stuff. Whether at home or at work, experienced directly or by extension, change moves through our bodies as massive waves, or impulses that make it impossible for us not to notice. What would life be like if we were to come to trust the innate intelligence of this process and acquire the skills to accurately interpret the information/direction that the waves carry

We have come to trust that quantum science allows for technology miracles. Imagine what life could be if we were to learn to trust this same science and its implications for us as bio-processors?

What messages is my body sending to me? What situations cause my gut to knot? When does my heart soar? My palms sweat? Do I allow myself to notice these messages and pay attention? Or do I shut myself down with activity, distractions, drugs of all sorts (food, drink, chemicals)? What's my payback for ignoring the signals of change? Who could I become if I listened to these messages from inner space? Who would I choose to have in my life if I let myself be everything I can be?

Do I celebrate confusion as a sign that I am experiencing something new? Or do I condemn my intellect for not being fast enough, rigorous enough? Do I give myself (and therefore those around me) permission to ask questions for the purpose of exploring a topic rather than getting a quick answer? Do I dare to live by Mae West's famous advice: "Whenever I have to choose between two evils, I like to choose the one I haven't tried before."

About Gwen McCauley: Coach, educator, writer and veteran of the 'employee to entrepreneur' transformation process. With wit, wisdom and worldly experience, Gwen invites her clients on a

journey of self-discovery, gaining clarity of purpose and increasing self-awareness and resourcefulness. Gwen brings a strong background as a corporate executive with extensive management experience to her work. She founded Odysseys Unlimited Inc. (OUI) in 1997 and is a co-founder of the WEL-Systems® Institute. Gwen has an MA in Human Systems Intervention from Concordia University and a successful track record as a coach, program leader and businesswoman. In addition to being a WEL-Systems Educator™, CODE Model™ Coach and Quantum TLC™ Facilitator, Gwen has studied Open Space Technology, Myers Briggs, Appreciative Inquiry, Generative Leadership and Total Quality Management. Gwen published her first book *“The Alchemy of Energy: Exploring The CODE Model”* in 2004 and co-authored *“Sekhmet Rising: the restlessness of women’s genius”* with 17 other women in 2006. She is currently working on her third book.

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