

*Some
Things
You Just
Can't Change
No Matter What*

The Inevitability of Change

- **Can You Find Anything Not Subject To Change?**



The Inevitability of Change

Whatever Comes Into Existence Moves Out Of
Existing As It Was—

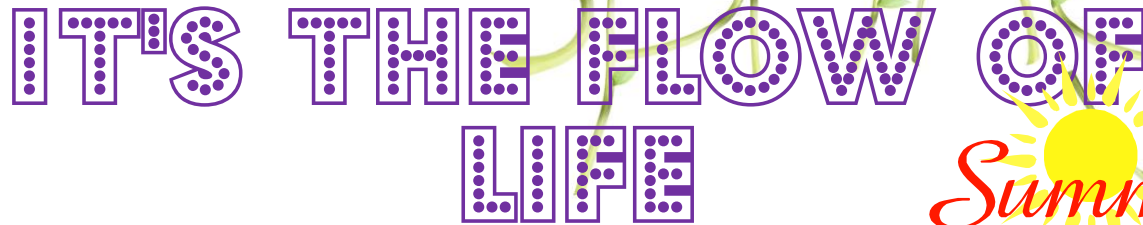
Fall
Eventually &
Automatically



Winter



IT'S THE FLOW OF
LIFE



Summer



The Inevitability of Change

- a breath
- a day
- a job
- a family
- a project
- an object
- a dream
- a value
- a belief
- a life



The Inevitability of Change



Facticity #1

**Everything
Changes**

Releasing the Goal of Permanence

- **Frees You To:**

- **Keep moving with the river's flow, gracefully and efficiently**

- **Consciously interrupt your unconscious striving for unreachable goal**



Releasing the Goal of Permanence



○ One Exception

- Focus On Permanence OK
 - Product
 - Service
 - Knowledge
 - Objects of Art



Goal of Permanence

- **Creates Desire For Pleasant Emotional & Mental States To Last Forever**
- **Creates Problem** (Impossible)
- **Imagine thrilling kiss lasting forever—You could never eat again!**



Releasing the Goal of Permanence

- **The Bad News**
 - **Can't Make Positive, Pleasant Experiences & Emotions Last Forever**



Releasing the Goal of Permanence

- **The Good News**
 - **Negative, Unpleasant Experiences & Emotions Can't Last Forever Either**



What's Unavoidable Is Unavoidable

- Change ✓
- Opposites ✓
- Paradox ✓



So What's The Goal?



**Acceptance Of What
You Can't Change**

- **Not Tolerance**
- **Not Resignation**



Homework

- Name Something That Doesn't Change
- Is Life Easier If You Stop Trying To Create Permanence?
- What's The Bad News About Permanent Change?
- What's The Good News?
- Are Resignation & Tolerance The Same As Acceptance?



See You In The Next Video



*Much love
Ragini*

