



# **Yield and Overcome: How change can positively impact our lives**

*Reino Gevers*

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Defining moments of transition are happening on every level of existence. Current ground-breaking events are shattering long-held value and belief systems around the world. The gift is to recognize the opportunity that lies on the bright horizon ahead. Based on the tenet that all creation is connected and in constant flow, we look to the ancient Chinese and Taoist teachings of the Five Elements. Here the "seasonal elements" are seen as a principle of life's evolutionary cycle. We learn from these teachings to adopt an attitude of yielding to, rather than resisting, the inevitable changes of life. Through this we overcome our tendency to see change as something negative - the root of all fear and suffering. Isn't it about time to grasp with enthusiasm the flow of change?

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