

A CODA TO CHANGE

Yesterday, I blogged about when sudden change intrudes on our sense of self creating a kind of temporary “schizophrenia.” There are two of us. We are used to each day (like the sun coming up) bringing its degree of change to our life. That’s how change normally ripens. We change gradually.

However, change can also appear through the depth or impact of sudden change. The example I used was the stroke I experienced recently. The stroke demanded change beyond my experience and not at all gradually. I was unprepared for what I had to go through. I wrote about waking up kind of beside myself, with the new (and altered) “me” upstaging and pulling away from the old me I was used to. That’s the idea.

Something I perhaps did not mention clearly enough was that this whole doppelgänger-thing is not something passive, something that I can suffer in silence. In other words, I don’t take this person-doubling lying down. One of me is enough. I imagine that eventually the old me will wear out and the new me will wear in, but that’s not how I approach it; it’s just not my style. The sudden-changed me is foreign.

As a remedy, for me, “Carpe Diem” is very much the order of the day, IMO. I have to make sense out of the moment. I have to seize the time and go with the new-me and politely jettison who and how I was (and used to be), even if I am fond of it. My point is that it is BEST to choose the future, the emerging self, and not backpedal trying to regain or stay the way we were. It is hard to do.

But as the reality of sudden change emerges, I find it generally confusing. I am torn. Here I am as whom I have always been, but the ring of truth is no longer there. In reality, I'm already marching to a different drummer and don't like it. So, I'm torn between trying to surf on as I have been and facing the new music I'm presented with. It takes me time to make (to accept) the transition from how I am used to the emerging circumstances, the updated me. It is humbling at best.

And this in my experience is not a lazy-option, but one that requires, as mentioned, a positive choice on my part and with as little delay as possible. Clinging to the past, fighting these unavoidable emerging changes, never works and this is true on principle. And, IMO, it's harder than it seems.

And this is because we come from our own history and giving up that comfortable history goes against the grain. After all, the past is everything we know and are; at least we think so. And shoving off from one personality and being forced onto a new (and more foreign) personality is not a natural act, at least for me.

For me, it takes persuasion (and copious trial and error), comparing my old personality flavor with the new one, deciding whether to give up on who I have been until now. But the writing is on the wall and like the Gertrude Stein line "Before friendship faded, friendship faded," eventually, change is unavoidable, as the old is dying and the new is being born.

However, I come to this choice in the beginning reluctantly and only later with acceptance, and only much later finding some of the silver lining in the emerging personality. Of course, there is no choice regardless. LOL.

Really, my only point here is to remind readers that resolving this mini-schizophrenia (the two personalities), into one is best done actively and not dragged out, like masochistically. The sooner we can close the gap the better, IMO.

“As Bodhicitta is so precious,
May those without it now create it,
May those who have it not destroy it,
And may it ever grow and flourish”

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