

What is “change”?

Change is not an easy thing to define.

Change is the taking on of a different form. It is the movement from one form to another. Wikipedia says change is the process of becoming different. Change is the reality that something will not be the same as it is right now, it will take on a different form than what it presently has.

I am primarily concerned to answer this question in relation as to how people change.

I believe that everything that exists is in a constant state of change.

I have read the following statement on a poster against a wall, ‘Change is a constant’.

A constant is something that stays the same. A constant means sameness for a very long time. My mind inevitably drifts to a place where I think about boredom when I read what I have written here, but that is not what I mean. I mean a constant implies that one state of being is held for a very, very long time. Now if change is a constant it means that change is something that will carry on for a very, very long time. In other words change won't stop, it is here to stay – maybe forever, or so I think.

It seems by my own observation during a short time on earth that change is inevitable.

It simply happens. I think it has got to do with the mere reality that time moves forward. As I write, as you read, time moves on. Time as we humans know it starts in a past that is currently in this moment a present and moves into a future. Every second we live becomes the past and releases us to move into a future that becomes the present the moment we get there. This movement of time starting from a past, moving into a present that is called a future only because we haven't been there before is one of the primary constants that predicts that change is inevitable.

Change is the taking on of a different form.

It is very difficult to want to describe something, like change, without wanting to go to some detailed description of how it happens in observable reality. I find it very difficult not to want to give an example of some kind to explain what I am saying, but to indicate clear boundaries of what change is, I need to stay clear (as far as possible) from specifics. For now it is important to stay general in describing change.

Change is the taking on of a different form. Form is a state of existence, a state of being (maybe). When a state of existence happens we tend to observe change. Change is thus an observable state of existence from one state to another. It seems two prominent ‘things’ are present – what is observed and the observer. Change happens then not only in the state of existence, but also in the one who observes that state of existence.

It also seems that change will happen whether we desire it or not.

Since change is something inevitable we cannot stop it. We have one guarantee – change has happened, change happens and change will happen. Keep in mind I am only trying to come to grips with a very broad understanding of change. Throughout what you will read in this book we will look at change in a more detailed way, but for now change is described in a very broad sense.

Change is a constant, change is inevitable and change happens many times when we do not desire it.

To bring about change we need to introduce a different paradigm than the current one.

Change means that we get more, different or other knowledge than what we currently have. The knowledge that I currently use to think with

Change means that we focus on other knowledge.

Change would mean that we oscillate between a state of taking on another form and being in the same form. Equilibrium is not a state of trying to stay in exactly the same form. Equilibrium is expressed in the process of moving forward in time and staying within acceptable boundaries amidst this forward movement. It is a dualistic process of experiencing change by moving (forward) and balancing any force caused by this (forward) movement. When we think about change as movement we realise that there is seldom, if ever, a moment where we are NOT changing.

It could be said that we are forever moving forward simply because time is lived forward. Time is forever moving into the future and therefore whether we think about it or not, our movement in life is inevitably forward.

If change is understood to be forward movement where should we go to? In a sense this is a question that demands a very individualistic answer. Everyone should be going forward to where they would like to go. This however is such a broad description that it doesn't help us a lot to understand change. Change always happens within certain boundaries, whether those boundaries are the actual, quantitative boundaries of countries, cities, farms, yards, or the abstract, qualitative boundaries of our values, ethics or paradigms.

Change happens within boundaries and these boundaries determine the basic outlines of the change we will experience. A primary boundary that is of importance in change in people is the idea of paradigms, mind-sets, worldviews or epistemologies. These concepts (paradigms, mind-sets, worldviews or epistemologies) are broad and overriding. They cover and include a lot.