Doorways to Transformation

Transformation is a process of releasing the energy bound up in accustomed patterns of thought and action, and reshaping that energy into new patterns that are more life-enhancing. What triggers this process? What change factors, leverage points, or inputs typically start us off on the transformative journey? The four listed below are common motivators and sustainers of transformation. They may occur separately or in various combinations. Different factors may be relevant at different times in the journey, propelling us forward.

1. **Pain**, or, *It hurts so bad I can’t stand it anymore.*
2. **Vision**, or, *I see what’s possible and I want it!*
3. **Noetic Experience** (inner knowing from direct experience), or, *Now I know! Things will never be the same.*
4. **Serendipity/Grace**, or *How did that happen???
5. **Emerging Collective Narrative**, or, *I’m hearing a new and larger story and I am part of it!*