

Finding Yourself in Transition: New Beginnings

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Today is the third and final lesson in a series based on the book “Finding Yourself in Transition” by Unity Minister Robert Brumet. The author invites us to use change as a means for spiritual awakening. He asks us to be open to the understanding that our time of change and transition can even enlarge our experience of God.

The third stage is “new beginnings.” We may tend to think of a new beginning in terms of external change, but the new beginning is actually an internal experience. It is a sense of readiness – a sense that an inner shift or inner awakening has occurred. The external circumstances of our life reflect the internal transformation that has already taken place. It will occur at exactly the right time and in the right way. Sometimes we attempt a new beginning before we are internally ready to do so. This may be spurred on by our discomfort with the Void. Perhaps it springs out of our eagerness to anesthetize our feelings and get on with life. This not a new beginning but what Robert Brumet calls a “pseudobeginning.” This is not living a new life, according to Brumet, but living the old life in a new form.

To test what you call a new beginning, ask yourself if you must have it to be happy. If you are convinced that the new beginning is going to make you happy, then know this: nothing outside of you can make you happy or unhappy. According to Bob Brumet, the new beginning will occur only when we have completed the inner work of the Ending and particularly the Void.

Robert Brumet also shares in the book that not all new beginnings result in dramatic changes in one’s outer life. We may find that little has changed externally but internally we are no longer living in the same world. There is a shift in consciousness that becomes the lens through which we see life. T. S. Eliot wrote:

*“And the end of all our exploring
Will be to arrive where we stared
And know the place for the first time.”*

When I think of the story of the Exodus, I am reminded that the Israelites were *arriving where they started* when they entered the Promised Land. It had been their home centuries before. The Israelites were returning home with a new perception and point of view that only the time in the wilderness could provide for them.

Robert Brumet ends the book by telling us that in the study of the transition process, we have encountered several paradoxes: an ending is a beginning: to find ourselves we must lose ourselves. In the final pages he shares another one. By fully surrendering to the process of changes, we discover that which never changes. We discover a changeless reality beneath and beyond the phenomenal world.

To surrender does not mean to quit or give up but to give way to something greater. It means to let go of the opposite experience (resistance) and let God have God's way in and through us. We then begin, as Robert Brumet shares, to gradually see that we are not living our life, but rather that our life is being lived through us.

This lesson is based on

Finding Yourself in Transition: Using Life's Changes for Spiritual Awakening

by Robert Brumet.