



SEEING BEYOND OUR LINE OF SIGHT

## 4 **Consciously Entering Into Transition: The Idea of Transition Management**

Life is a continuous process of transition. Every moment changes are taking place. We may or may not see these changes. We may or may not be conscious of all of these changes, however these are always underway. We are always affected on some level by these.

### **Transition Awareness**

Sometimes ongoing transitions are difficult to detect. In fact, there are times when things seem *not* to be changing or moving, when situations feel to be in holding patterns, whether healthy or unhealthy or neutral. While many of our transitions and their patterns make their presences clear to us, many others (including co-patterns, sub-patterns, and underlying patterns) are lurking beneath our *conscious radar*.



**CONSCIOUSLY MOVING THROUGH  
LIFE'S CHANGES, TRANSITIONS, AND DEATHS**

Sensitizing ourselves to even the most difficult to detect patterns we are living with and within can allow us to more *consciously navigate our lives*.

We can learn to feel and see signs and characteristics of the various patterns we are moving within and through. (*Refer to the EXERCISE in General Transition Awareness at the end of the previous chapter, titled, Sensitizing To Landmarks Along The Path Of Transition.*)

### **Some Transitions Feel Slow Or Stuck**

Some patterns and their *transitional states* have particular characteristics that may feel to be more rigid or dense. We can read the nature of slow and even stuck transitional processes by sensing their, at times, less distinct characteristics.

When we are feeling caught or trapped, in some way stuck, we may need to resolve the pressure or stuck sensation by consciously entering into, or deeper into, a *more conscious transition navigation process*.

We may realize that we face obstacles and hindrances to *moving productively through particular transition processes*.