

CHANGE

The many sides of life

The new vision holds that, by virtue of being a co-creator of reality, each of us is also responsible for how his or her own reality unfolds. Thus for example, the virus can no longer be blamed for the cause of the disease; the sick person is equally responsible for it, having created an environment favorable to the development of the virus.

Once such responsibility has been accepted, it is only a short step to the idea of self-determination: we can, if we wish, change ourselves and our circumstances so as to move in whatever direction we want to go. With this attitude comes inner freedom, and the possibility of well being, positive cooperation with others, and joy.

Whether you and I and a few others will renew the world someday

**remains to be seen. But
within ourselves we must
renew it each day.**

The Book Of Whole Meals

Anne Marie Colbin

