

Keeping Your Life Steady When the World Around You is in a State of Flux

Neil Warren, the founder of e-Harmony.com spoke at the first Festival of Life at All Saints Church in Pasadena, California in April 1983. In this workshop he mentions the pamphlet that he had designed to help people find a marriage partner. He jokes that some people might want to pick up that pamphlet and leave. ☺ This was the beginning of e-Harmony.com!

He put the subject of “Change” into the context of what science tells us about stress that causes physical and emotional breakdown. Then he described a study that was done by a doctoral student using all employees of the Burbank Unified School District – from janitorial staff to superintendent.

The researcher found 30 people with over 300 Life Change Units on the scale developed by Richard Ray. This put them in the category of Major Life Crisis. 15 had no absenteeism, no medical claims. The other 15 had all sorts of trouble. He studied those two groups of people and looked at the differences.

On this tape Neil Warren goes over the seven major differences between the two groups and gives examples from his own life and from the lives of his family, friends, and clients.

The SEVEN Suggestions:

1. LIMIT CHANGE
 - Told about his parents – don’t move from the house when Mother died
2. FRIENDS – will stick by you because you have *invested* in them: Both sexes provide mirrors.
 - Same Sex: 3-4
 - Opposite Sex 1-2
 - FRIENDS that are yours alone – beyond couple friends
 - Friends who let us experience our feelings as they are
 - Socialize with people who share your values. Churches are good if they truly emulate the attributes of Jesus – the friend of those who have no friends.
3. BODY – Take care of your mind, body, spirit
 - Sleep!
 - Regular Meals
 - Exercise
 - Good hygiene
 - Nourish your mind
 - Take care of Spirit: Read, Listen, Write, Reflect
 - Take care of Emotions – Listen inside – to your own body – COLUMBUS OHIO STORY . . . REPORTER FROM PAPER . . . NEIL Warren is psychic!!! Point . . . important to Grieve – Anger – Abandonment is there!

4. LEARN TO PROCESS PRESENT MOMENTS CLEAR OUT TO THEIR EDGES
 - Most unhappy three words in English language: “It’s too late.”
 - People don’t do this because they feel GUILTY about the PAST and WORRY about the FUTURE. (Need Forgiveness – Lou Smedes book: *Forgive and Forget*.
 - Forgiveness is the antidote to Guilt
 - Faith is the antidote for Worry
 - Story about the month before his daughter’s wedding: (“Living Every Moment Out to the Edges”)
5. DEVELOP AN IDENTITY FOR YOURSELF THAT EMERGES OUT OF PROCESSING YOUR LIFE FROM THE CENTER OF YOU
 - This is the heart of it: Greatest fear about CHANGE is that it will cause us to lose who we are . . . ie. Our Own Death
 - GET IDENTITY CLEAR!
 - His visualization: “Room” in the center of himself: Circular Stairway – Round room. Easy Chair “Consult” with “data” in room with TV sets – Important people in his life . . . and makes a “choice”
 - BASIC HUMAN INTERPRISE: MAKE A CHOICE: Not on “feelings” Not on “Jesus” – or any people
6. BECOME CLEAR ABOUT WHO I AM
 - After “stringing together” all of the decisions made throughout life
 - I am deeply loved – Even if I made the “wrong” decision
 - I’m called to be a “CHOOSER” Not a person who follows the “rules”
7. CORRECTLY POSITION YOURSELF IN THE TIME AND ETERNITY CONTEXT
 - Deal with the “death question.”

Conclusion:

Become highly COMPETENT “Change Managers” because CHANGE will inevitable happen. Treat it with respect. But stand above it. When you get into the center of yourself – you meet the Creator. (Neil says “God Himself” . . . but that’s LANGUAGE!) You become one with the Christ. You take on Christ’s power and Christ takes on your limitations.