

# Rebirth of the New

By Segolene Ferrari

As we begin a new year, and a new decade, in these early days of 2010, it is good to reflect on the nature of change, transformation and how we tend to move forward in our life.

The challenges of life provide us with the opportunity to demonstrate what we are made of and show our true colours. It is often in intense situations that a person reveals themselves to be either more of a hero or more of a coward. And it often comes down to making our choice in our ability to feel and face our fear with courage as we take the necessary steps to overcome any challenge and fulfil our purpose - no matter what. It is a question of having clear priorities and a strong ethical code of conduct. It is about constant dedication and unshakeable resolve; it is about not letting anything stand in the way of your priorities. It is about choosing to be the Hero, not the coward.

The real gift in these experiences, is that any challenge thrown at us will invariably change us and assist us to grow. I don't know about you, but as for myself: as long as I am alive I hope to be able to grow and learn and change for the better continuously and constantly. Being able to valiantly embrace life's challenges is one side of the coin. Being able to go through the journey consciously, allowing the process of transformation inherent to such an experience, is the other side of the coin. Being transformed by our challenges requires both the ability to go for it and persist in our course of action, while receiving and allowing the gift that comes back to us in the form of change and growth.

And what is change but a series of small deaths and rebirths?

What is change but to shed the skins of the old and leave them behind in favour of a new expression as we step authentically forward?

When we embark on a period of change, we may or may not know where we are going. But going with the process rather than fighting against it will make the journey easier and smoother – and that is a certainty!

Part of not fighting the need for change is founded strongly in our ability to let go of what is no longer relevant. However much we like something, or are attached and needy of it, we need to remember that nothing lasts forever. Just like the cycles of life and death in all of nature, so do our experiences, relationships and the phases of our life obey this natural law of cycles. The only way to make room for the new is to create some space by doing a bit of spring-cleaning of the old. Allow yourself to grieve if you need to but don't drown in it. Remember that with any ending comes a new beginning; that with any letting go comes a welcoming of the next gift on your journey. So as we shed a tear for the old, also reserve a smile for the new.

Let's look at the experience of birth as the blueprint for our experience of transformation. A baby, like a caterpillar entering the protection of the cocoon, plants itself into the mother's

womb where it will gestate for a time, safe and nurtured, growing into itself, learning through the mother's experience, being nourished until he is ready to finally break out of the womb's cocoon, into the big wide world and begin his individual life.

Likewise, anyone going through a period of significant transition in their life will tend to need this 'cocoon' experience to properly cocoon the potential for change, protectively nurturing the seeds of transformation and protecting this still fragile potential for the New from unwanted influences—until it is strong enough to be revealed.

When you enter a phase of change, you may sometimes feel fragile and vulnerable. And as such, you need to hold appropriate self-loving boundaries to prevent unwanted influences to affect you in undesirable ways. Also, when you are still in the early days of beginning a new project, a new phase, a new idea or a new way of being, you need to remember that the seed of this 'new' is also still very fragile – it could be lost or destroyed easily - and must be protected and nurtured. Just like a pregnant mother will often wait to be past the 'high miscarriage risk' period of the first 3 months to announce to everyone her pregnancy, so do you need not spread the news of your seeds of change too soon. To see the actualisation of your transformation, please remain aware of the need to protect from other's opinions, projections and attacks to that which is being planted. Only seek advice or support from people whom you trust and whom you really know have your best interest at heart and fully want you to succeed.



As your 'baby' of change grows and becomes stronger, other people may begin to notice the difference. You need to keep providing air, water, nutrients, love and attention to your 'baby', feeding and nurturing it consistently.

The period during which you still remain protective of your project, or seeds of change, really depends on what you are working on. Eventually, you will just know – and this is an intuitive knowing not something you can think up – that the time has come to reveal your new self or birth your new project into the world.

Just like the birthing process, this 'coming out' into the world involves hard work and dedication from both mother and baby. It often involves some amount of pain and being stretched way beyond what could remotely be referred to as comfort. Eventually, it also catapults you naked and cold into a new reality. It can make you feel vulnerable and disoriented yet secure in the knowing that the mother's love and nurture is right there for you. In this case, you have to be both mother and baby – the one providing nurturing and encouragement, and the one taking the courage in both your hands and leaping wet and naked into the void.

If you are working on a transformation in your way of being, this is often the part in which you have to be able break out of your cocoon and dare to be different, even if it means facing the confusion and sometimes the disapproval of meaningful others in your life. This is when you

have to enter a new phase without wavering in your new behaviours and expression, and certainly without running back to the comfort of your old ways. This is when you have to stand strong in your integrity and actually really apply the effect of your transformation in everything you are and do, and really BE different and new.

If you were working on a project, this is the vulnerable time of revealing it to the world and letting it fly for all eyes to see. Like a mother leaving her little child at school for the first time, once you have released your project into the world, you have to allow your *heart-child* to grow into its own person. Once you have released your work to others, it is never truly fully yours in the same way again.

Life is this ongoing process of embracing and letting go, letting go and embracing and, truly, we can never claim to own anything forever, not even ourselves. Like the cycles of the seasons, we ride the cycle of our existence much better when we flow with it, accepting life as it is and enjoying the ride freely – every season has its charms.



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