

AUTHENTIC LEADERSHIP

C E N T E R

Thoughts on Rebirth, Renewal, and Change

The key to successful self renewal (rebirth) is the willingness to let go of our existing self-image and outlook... The potential heights of renewal are determined by one's degree of letting go. ~ *B.Z. Rabinowitz*

Today a new sun rises for me; everything lives, everything is animated, everything seems to speak to me of my passion, everything invites me to cherish it.
~ *Anne de Lenclos*

Human beings, by change, renew, rejuvenate ourselves; otherwise we harden. ~
Von Goethe

This is the beginning of a new story, though; the story of a man's gradual renewal and rebirth, of his gradual transition from one world to another, of his acquaintance with a new reality of which he had previously been completely ignorant.
~ *Fyodor Dostoyevsky Crime and Punishment*

The universe rushes by me like a vast ever-changing river. Do I dive in and frolic in the flow? Do I struggle mightily to divert or block its inevitable flow? Do I sit on the bank and watch? Last one in is a rotten egg! ~ *Chris Mathe*

Change is the constant, the signal for rebirth, the egg of the phoenix. ~ *Christina Baldwin*

Turn your midlife crisis to your own advantage by making it a time for renewal of your body and mind, rather than stand by helplessly and watch them decline. ~ *Jane E. Brody*

All things must change to something new, to something strange. ~ *Henry Wadsworth Longfellow*

Turbulence is life force. It is opportunity. Let's love turbulence and use it for change.
~ *Ramsay Clark*

What, after all, is the difference between "rebirth" and "catastrophe"? Or, "opportunity" and "disaster"? First and foremost, acceptance of what is. Second, a willingness to grow and change... to ask, "What's the gift?" ~ *Chris Mathe*

Miracles: You do not have to look for them. They are there, 24-7, beaming like radio waves all around you. Put up the antenna, turn up the volume - snap... crackle... this just in, every person you talk to is a chance to change the world... ~ *Hugh Elliot*

