

Tired of Waiting for Change? You Might be in a 'Holding Pattern' by Andrew Gabelic

Sometimes, after we've been in one place for a while, and it has been a successful gratifying chapter of our lives, we start thinking about the next best thing. We begin to have images of our futures and start asking the same questions: Where is my next big hill? What is the next greatest thing I could accomplish?

And once you finally get the perfect picture in our minds – it always represents the very top of the hill (not the climb).

The vision represents the last chapter in the new book of our lives. But we think it's the entire thing. We think it's destination we will be stepping into right after we make the necessary changes.

So we bring in the changes and once we take our first steps in that new world – we are SO shocked to find out we actually came in at the bottom of the hill. It's still the basis of what we're envisioning, and we're getting an opportunity to do it, but the place life put us in is nothing but the bottom.

Just a stepping stone - not the next opportunity, just training for the next opportunity. A kind of limbo, a 'holding pattern', a temporary stop, a diversion path that will prepare you to attack the next hill.

Not exactly the next hill itself.

I have a feeling that what you're doing right now is a holding pattern, a step to whatever comes next, a preparation or a thing that will last a little bit. You may be frustrated that you are not standing where you want to be. You could be dissuaded when it feels unfulfilling because it is meant to be unfulfilling.

You could fool yourself into thinking you did something wrong or are causing unnecessary suffering in your life.

But it could be perfect. It could be a short stop that will give you supplies for the big trip.

So don't leave until it has given you everything it is meant to give you. If it's a holding pattern, if it's a job that helps you take the focus out of your work life so you can improve your personal life, if it's a job that is only giving you training on a new skill that you don't have, if it's a job that allows you to replenish your finances before making that big leap of faith, if it's job that sucks because it's only meant to connect you to the person who will bring you the job that you love, if it's the roommate you hate who is inadvertently putting you in the right place at the right time, or the city that isn't right for you because it allows you to advance faster in your career – the best thing you can do for your peace of mind is allow yourself to be comfortable with not being happy and wait for things to unfold the way they're supposed to.

There is nothing to be afraid of. You know this as well as I do – when the universe wants you to make a move and change things in your life, it usually lets you know pretty

unequivocally. It becomes clear you're supposed to leave and staying becomes completely unbearable. If none of that is happening yet, it means the universe wants you to stay a little while longer. For now, take it for what it is and don't waste a second figuring out why you hate it – you are supposed to hate it (that is what is supposed to happen). You are exactly where you need to be. If you didn't hate it you would stay there forever and you're not supposed to stay there forever.

You are totally aligned, your future is unfolding as expected, just continue walking on the path that you're on.

When the time for change arrives, the universe will let you know, and I will make sure to remind you.