

Changeless Change

Circle of Pain



We each have our own personal circle made up of our personality, how we function, what we believe, how we act and react. In what I call my Circle of Pain, I can see the process I go through to get away from hurting. Without the symbol of the circle, I too easily think I am running the same old patterns.

However, with the circle image I can clearly see I don't stay in the negative phases as long as I once did and I do stay in positive phases longer. I literally draw this pattern out in a circle so I can see the change within the Changeless Change.