

Change is Not Torture

✘ We love to hear sermons and speeches about change. We love seminars that encourage us to change. We even enjoy traveling different paths in order to change our scenery. The problem is that we don't like to change.

A Canadian neurosurgeon discovered some amazing truths concerning the human mind's reaction to change. He found that when a person is required to change a fundamental belief or opinion, the brain experiences a series of nervous sensations similar to enduring torture. Our minds simply do not enjoy major changes.

Sydney Harris was an American journalist. He was also a drama critic, lecturer and teacher. Harris once said, "Our dilemma is that we hate change and love it at the same time; what we want is for things to remain the same but get better."

It is not surprising that things do not remain the same. Many times situations may actually get better. Prepare for change. Although your mind may react as if you are being tortured, you are not. You are merely in the midst of change—for the better!