

Dear Writer,

You ask what leads to real change.

The only real change is that which occurs naturally, and this kind of change is happening continually.

This is not the kind of change that people seek or even inquire about, however. They are focused on another kind of change—change they believe they can control. Human beings want control more than anything else. Even when people see their failures, they want desperately to control the resolution. This is where True seekers and false seekers part ways. True seekers are willing to change regardless of the impetus or outcome.

I believe that the question may have been aimed at knowing internally whether or not your intention to change was real or false. This is a common question and surely an indication that you are sensing some false intentions within. You would not even ask the question unless you had this sense. This is actually a step toward freedom, so do not judge these false intentions; instead, shine the light of awareness brightly upon them so you can be free.

If you look closely, you will see that you want to change, but you also want to guide and control that change. It is likely that you are really asking, “What can *I do* to create real change?” And although, there is really nothing you can *do* to create or halt change, you can realize it. You can let go of what is not real. This is the essence of True Sincerity, or True Intention.

So the answer to the question, clear and self-evident, is this—you must simply become *sincere* to create real change. And that is all you need to do! That is all you *can* do. Isn't that a relief?

True Sincerity cannot exist along side of a desired outcome. If you have an idea of what you want, and what you want is merely a false idea, it is useless to move toward that idea. In doing this, you will only be standing upon a deteriorating foundation. It will soon crumble like the rest before it.

Truth, known or unknown, doesn't change. It doesn't shift with each decision you make or idea you have. You have only to see it—that is all. You can only operate within it or from it. Truth changes you. You do not change Truth.

So let go, simply watch Truth reveal itself in all things, including your inability to grasp it. Don't struggle to change it, because you will only become more conflicted. Don't expect things to be *more*, or *better* or *clearer*- they are what they are and only accepting them with complete abandon will change how you see them—a real change indeed.