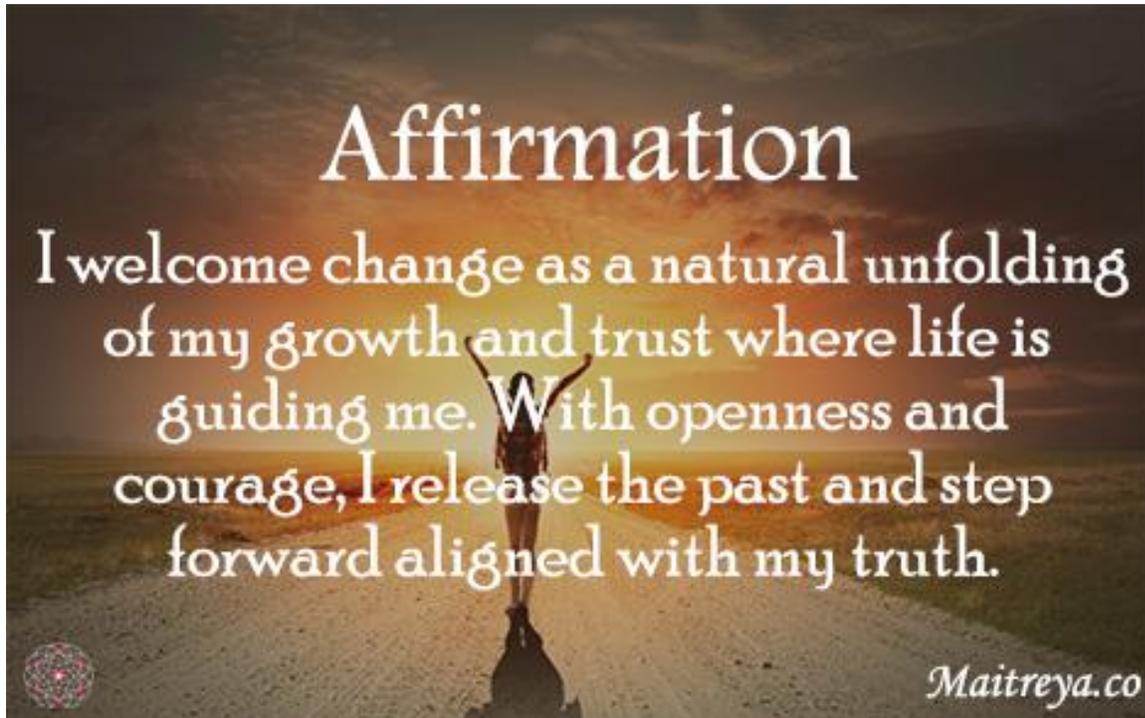


# Embracing Change: Affirmation for Trust, Growth, and Renewal

By Jean Luo



**Affirmation for Embracing Change: *“I welcome change as a natural unfolding of my growth and trust where life is guiding me. With openness and courage, I release the past and step forward aligned with my truth.”***

Change is not an interruption to our life; it is a conversation with it.

Each season of transformation arrives with purpose, even when its meaning is not immediately clear. What feels unfamiliar or uncomfortable is often the soul’s way of stretching beyond old boundaries, inviting growth where stagnation once lived.

Many of us resist change because it asks us to release what once felt safe. Yet safety is not always aligned with truth. When life begins to shift, it is not taking something away, it is making space. Space for greater alignment, deeper wisdom, and a more authentic expression of who you are becoming.

Embracing change does not require force or certainty. It asks only for willingness. Willingness to listen, to soften, and to trust that what is unfolding is responding to an inner readiness—even if the mind has not yet caught up.

Change becomes easier when you stop asking, *“Why is this happening to me?”* and begin asking, *“What is this preparing me for?”*

When approached with presence rather than fear, change becomes a teacher. It refines discernment, strengthens resilience, and reconnects you with your inner compass. Each transition carries a quiet invitation: to release outdated identities, to honor lessons learned, and to step forward with clarity rather than urgency.

You are not meant to control every outcome. You are meant to participate consciously, meeting each turning point with self-trust and compassion.

By saying the affirmation, each of us can start to make the change. You can repeat the affirmation as many times as you want. The more you say it, the more positive change you can manifest in your life.

**Message from Maitreya:**

*“Change does not arrive to create fear, but to awaken deeper harmony within the soul. When life moves, trust its intelligence—each transition carries you closer to truth, balance, and compassion.”*

Trust changes as the soul’s gentle guide. Each transition leads humanity toward greater truth, compassion, and balance.

We sincerely hope that you can benefit from this affirmation. Please feel free to give us feedback or share your experience with us. Thank you!