

# Stability and Change In the Cycle of Life

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Stability Is Desirable  
But  
Rigidity Is Self-Defeating  
Because  
Change Is Inevitable  
And  
Change Requires Adjustment.

## In Normal Life Conditions

Be Cautious  
But  
Flexible,

Be Careful  
But  
Adaptable.

Maintain Stability  
Within Expected Change.

## In Especially Challenging Life Conditions

Be Ready  
To Endure  
Rapid or Grand Changes.

Survive, Adjust  
And Pursue  
A New Modicum  
Of Stability.

## The Only Constant Is Change

Our Quality of Life Depends On  
Whether We Anticipate and Prepare for Change,  
How Unsettling Our Changes Are,  
And How Well We Address and Resolve Them.