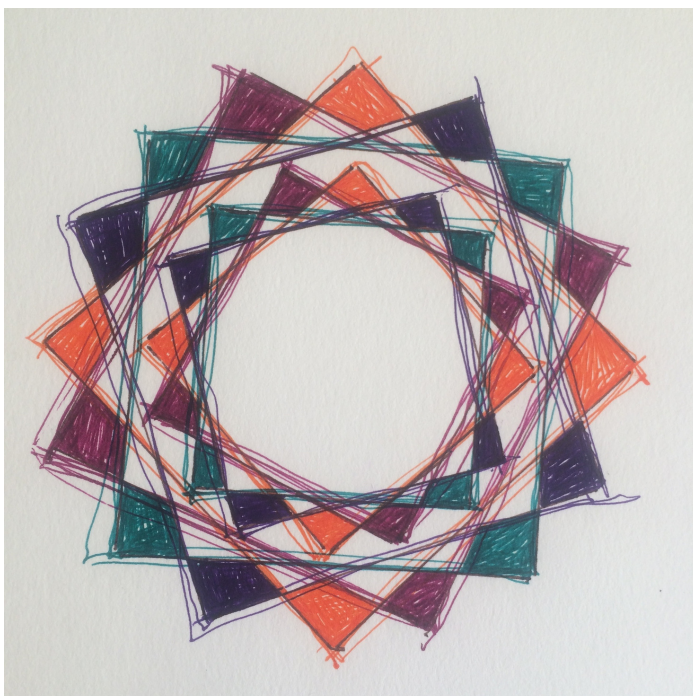


We're often trying to get out of boxes.

But what if we intentionally put ourselves in a box-of-time for the purpose of experimenting with change?

Can you see that this decidedly un-square design is actually made of 8 boxes?

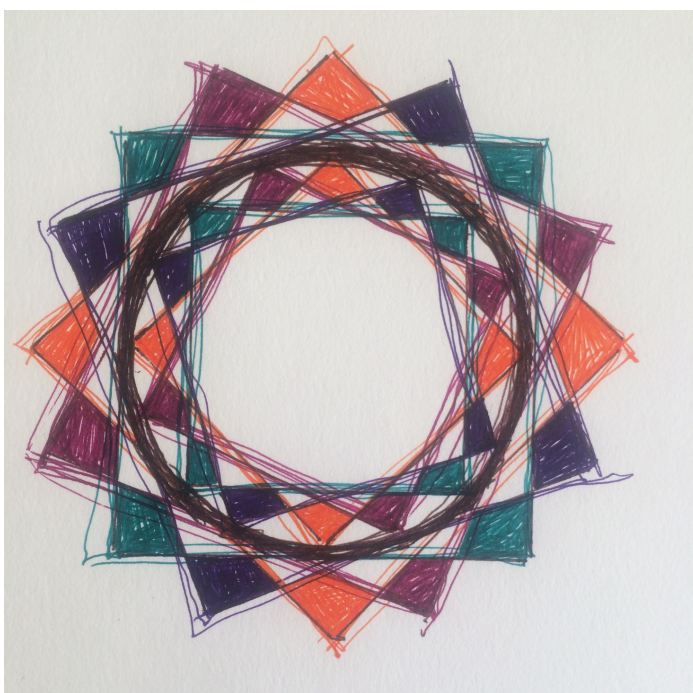
Boxes don't have to be suffocating. Used correctly, they can be a useful tool.



Of course, life is never a perfect square.

It rarely offers a perfectly linear path.

So we have to be flexible and compassionate with ourselves as we experiment with change in our self imposed box-of-time.



If we stay consistent with our efforts and our compassion, we'll eventually find a flow within the square boundary we've created for ourselves.

And one day we'll notice that our experiments with change no longer seem so hard.

One day we'll notice that our experiments have nudged the ever constant wheel of change in the direction we wanted to go...