

For Immediate Release

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Dr. Jennifer Howard Takes a Closer Look at Change

For the last several months there has been much talk about change. This has been generated by both candidates in the past election. We live in such contentious times and people are fearful about the uncertainty of what change may mean. Out of these many fears, many end up being scared of people who aren't like them; variations in faiths, political affiliation, country of origin, ethnic background along with other differences, create suspicions. The fear can often be more pronounced in the fundamental spectrum of religions. Questioning how firmly we hold on to being "right" is a good place to start. From a psychological point of view, this tight grasp on being "right" and inflexible thinking leads people to narrowing down their world and perpetuates a fear-based mentality of "us" versus "them." This bolsters black and white thinking that again helps feed the split and is a breeding ground for more fear and less change.

How can we move from this fear and see the beauty in our differences? How do we notice when we are holding on too tightly to being "right." How do we challenge ourselves to learn about people who are different from us while still growing in our own beliefs? How do we see beyond the dogma and into the essence of other people's beliefs? How do we discover that there is beauty and unity in the essence of all religions? Consider this: What all of the leaders of great faiths have tried to convey is that the kernel of truth comes from the same place. What Jesus said, what Moses and the prophets said, what Mohammed said, what Buddha said, as well as others, at its essence has beauty. Taking dogma too literally, after interpretations and usually many translations, can lead to a kind of insular righteousness. As we notice our judging and sometimes angry minds, we might want to stop going down the fear trail for a moment and try to understand what the other group or person is saying without focusing not on what we think they mean but noticing what we are *afraid* they mean. This kind of shift in perspective is an opportunity to enter into a new paradigm. With all that is available for destroying others and ourselves, it is time to look at ourselves in new and important ways. It is imperative that we take this next step.

About Dr. Jennifer Howard:

Jennifer Howard, Ph.D. is an internationally known licensed psychotherapist, Integrated Kabbalistic Healer®, life coach, and professional speaker. She is a co-founder of the Healing Path Center and maintains a private practice with offices in New York City and Huntington, L.I., New York, as well as an extensive phone practice. As a licensed psychotherapist, Dr. Howard brings together 24 years of experience, extensive training and expertise in mind-body psychology, meditation, and a variety of the healing arts. She has been a faculty member of the graduate studies program of A Society of Souls and is currently a supervisor. Find out more about Dr. Howard at www.drjenniferhoward.com.