

NOTHING IS PERMANENT

JO SINGEL AND DON SINGEL

NOTHING IS PERMANENT is the thought leadership of Jo and Don Singel as they thoughtfully and powerfully share their life experiences in dealing with change and the strategies they share to live a full and meaningful life regardless of the conditions and circumstances that we all encounter.

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by JO SINGEL and DON SINGEL

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LIFE IS A NEVER ENDING STORY

Throughout our life together, now approaching 50 years, Jo and I have experienced what many would categorize as the typical ups and downs that most, if not all people, are faced with in their relationships. Success, turbulence, confusion, anxiety, happiness, progress, triumphs, and numerous achievements.

While these feelings and outcomes were occurring, we weren't stopping to analyze them. They were simply things that needed to be addressed or celebrated. And, as they occurred, we did, in fact, address and/or acknowledge them as we lived them. I am pleased to be able to say, our approaches and solutions to the various issues were, almost without exception, successful. Some of them were collective issues that affected both of us, while others were specific to only one of us.

It was only during our more recent years that we identified the pattern that was occurring time and again. It was those patterns that provided us with the motivation and stimulation for this book.

As we discussed various situations throughout our life together, it became clearer and clearer that there was an overriding theme - the lack of permanence. When this first hit both of us, it was like a lightning bolt. Of course, how could we have not recognized it for what it was.

Nothing is permanent.

Loss and change are unnerving and have an impact on us and I believe that its greatest toll is on the youngest, the oldest, the disabled and infirm. Compassion and true empathy seem to come in short supply during these times as most people are dealing with some type of loss on an ever increasing and more frequent basis. As global news engages us on a 24/7 basis, for those of us who are empathic by nature, we are suffering losses on a daily basis.

Unable to explain away or disengage from world and local events we take to heart the pain and suffering of others. I believe that this burden is taking a toll on us and when disaster or near disaster strikes, we are already battle weary. Increasingly, we are adapting to shrugging it off. It's too overwhelming to digest and so, when troubling times occur, we often find ourselves feeling stranded, abandoned and unattended as others presume we are okay. Psychological, emotional and social aspects of our human state are ignored, unaddressed and unwelcome.

Busyness, frantic levels of activity, social media and other distractions cause high levels of disengagement even from and with those closest to us. So what to do? Don and I spoke of all of this at great length as we went through a year of significant change in our lives, livelihood, neighborhood, community and those we thought we could and should rely upon.

All of that changed in a very short period of time. Through this process we found each other, our identity, our strengths and weaknesses, our compassion for other's suffering, loneliness in a moving too fast world where all is changing swiftly, unexpectedly and oftentimes erratically. Our writing, sharing and engaging with one another in the earliest morning hours

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over a welcome pot of coffee, have maintained our sense of humanity, caring and listening to the loud whispers of others as they struggle through change both wanted and unwanted.

Our solace is in understanding the times we live in, dealing with it, preparing for it the best we can and being pioneers in forging paths and ways of thinking, feeling and being that will keep us vital, alive, curious and open until the time when we are no longer here.

Don

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