

~~~~~

## **Living With Uncertainty**

~~~~~

In the midst of current political, social, financial, environmental and workplace uncertainty, and the upheaval and upset many are experiencing, it's not surprising to feel a sense of hopelessness and helplessness. Worry has replaced wonder; anxiety has replaced exhilaration, anger has replaced serenity.

Let your horse lead

There's a story of a man on a galloping horse who passes another. The bystander yells, "Where are you going?" to which the rider responds, "I have no idea; ask my horse."

Mired in a sea of uncertainty, confusion and overwhelm, we turn to others for help. Experts who come in various shapes and forms, espousing varied hypotheses and theories, can't agree. No one seems to know what will happen, really, really happen, a year, or two, or three or more down the road.

When we orient to our world from a place of fear, our reactive behaviors take the form of flight, fight, or freeze we run away from our problems and challenges, we fight, often unsuccessfully, to reduce or eliminate our challenges or problems; or we stand still like a deer in the headlights, paralyzed and perplexed. More than a few are dazed and despairing.

The fact is our problems and challenges have much to teach us, about ourselves. Even deep-seated trauma has a message but only if we choose to stop, explore, inquire and ask for the teaching. That's a huge "if."

Life is choices

Encased in fear, malaise and uncertainly, we have two choices: (1) do nothing, wring our hands and hope that someone or something will save, rescue and take care of us and so we wait, or (2) ask why such events are "happening FOR me" and seek the teachings/learnings that comes from honestly, sincerely, and self-responsibly confronting the issues standing facing us from the perspective, there can be no light without darkness.

If we choose, getting lost allows us to open the door to the darkness, the unknown, and seek answers, guidance and intuitive responses to our questions. After all, we came here from the darkness and one day we'll return to the darkness. So, why not now?

To control or not

Our ego's deep need for control and security is what keeps us fearful and afraid. We can choose to bypass our ego, our conditioned mind, and move towards the uncertainty which is where we find answers, the real answers to our challenges and dilemmas. The unknown does not have to be scary. Only if we choose to make it so.

One of the benefits of welcoming and embracing the unknown is that the experience takes us out of our own rigid box and supports us to change, transition and transform. Clarity and insight often come from confusion, if we get out of our own way and remain open to the journey of discovery.

In these dark days of gloom, fear, upset and discomfort, we can resolve, if we choose, to embrace the mystery, to surrender to uncertainty, and be open to not knowing - from a place of curiosity, excitement, and openness, rather than cringe from a place of anger, terror, angst, hate or vengeance.

Dark can lead to light

There is beauty in the dark. There is a certainty, balance and coherence in the unknown and there is a wealth of strength, courage and steadfastness in our own soul that supports our growth and development by seeking what we don't know, if we choose. This is the essence of true change and transformation moving consciously through our insecurities. Consciously, not reactively.

Getting lost is what allows us to see the truth not only of our self, but of our relationship to our work, to our world, and to others.

Endings are always another beginning; darkness never exists without light.

Where is your horse taking you?

So, some questions for self-reflection are:

- How are current events affecting you financially, emotionally, mentally, psychologically and spiritually?
- Every cloud has a silver lining; every silver lining has a cloud. Which is your orientation to life and living? Why?
- How do you commonly react to being/feeling "lost," to experiencing uncertainty?
- Are you generally a fearful person? If so, why do you think that is?
- Do you always need to have all the answers?
- Would others describe you as a controlling person?
- Do you ever purposely lose yourself? What is that like for you?
- At the top of a roller coaster, you can scream with excitement or scream with fear? Which would you do? Why?
- What was "being lost" like for you, your parents, or your family when you were growing up?

(c) 2012, Peter G. Vajda, Ph.D. and True North Partnering. All rights in all media reserved.

Peter G. Vajda, Ph.D., C.P.C. is the founder of True North Partnering an Atlanta-based company that supports conscious living through coaching and facilitating. With a practice based on the dynamic intersection of mind, body, emotion and spirit, Peter's approach focuses on personal, business, relational and spiritual coaching. He is a professional speaker

and published author. For more information, www.truenorthpartnering.com, or pvajda(at)truenorthpartnering.com, or phone 770.804.9125. You can also follow Peter on Twitter: @petergvajda