

Moving from Chaos to Clarity

Does the current climate of change have you scrambling for new footing amidst the turmoil? Do otherwise familiar circumstances seem chaotic and unstable?

Do you find yourself wondering what's going to happen next or getting anxious about the future? Chaos and uncertainty can trigger unconscious beliefs and long forgotten issues leaving you disoriented, even in the most familiar situations. Hidden emotions can influence your choices, undermine your commitments and create dissatisfaction.

It's time for clarity, but how do we get there?

The first step toward clarity and new possibility is to pay attention to the here and now. Learn to ask questions that help you examine your inner reactions without judgment and criticism. As you learn to identify the voice of your inner critic with compassion and understanding, you pave the way for insights and new openings in your life. When you understand that those around you reflect your inner dialog not because of what they say or do, but because of how you listen to them and how you interpret their words and actions, your relationships will change.

My access to clarity and new possibility came about as I was poking around at my experience of being “lost and confused” one morning. I asked a lot of questions and invited new insights.

How do you show up when you are lost and confused? How do you show up for others or for yourself? What does being lost and confused really look like in your world? Do you pretend all is well, get busy, or space out? Do you insist you are not lost and confused or criticize those who show up that way? Do you point out the futility of being lost and confused? Do you ask for advice, cry for help or blame someone or something for your experience?

Do you train your attention on a specific purpose, issue or task-at-hand to create clarity and focus for your restless mind? Do you withdraw into an imagined place of safety?

There is no right way to be lost and confused!

I have tried all of the above in my lifetime. When things get chaotic, I eventually turn inward for stability and direction. I compare my experience to righting a bicycle just after hitting an unexpected pothole or avoiding an oncoming car. For an experienced bike rider, this skillful maneuver may be handled as a matter of course. For me it's more likely to be a jarring reminder of my body's autonomy and an exercise in allowing a solution to arise with nothing more than positive intention. It requires trust, awareness and presence.

I got very curious about “being lost and confused” when I recognized an absence of feeling in my body. It was a static state. I could identify no feelings, no emotions, only muscle tension.

I was listening to the news when I witnessed my automatic reaction to being lost and confused. I could track the sensations in my body. I saw myself pull inward deep into my chest and move into a heightened, yet unnamed, feeling state where I uncritically absorbed a flood of life's "free radicals" – you know, those bits and pieces of experience that don't really fit in anywhere, but seem to float around inviting unpredictable results, random observations and handy distractions. All at once, I was bordering on overwhelm, and yet, this time it was different.

Although I was swimming in a rush of unrelated details – of stuff, of things to do, feelings to have and thoughts to remember, of considerations to savor and options to choose, I could see myself clearly as the observer of my own experience.

In that one moment of clarity, I glibly identified that my internal reaction was hiding a *mortal fear of admitting* being lost. The words startled my body to attention, and as soon as the thought registered in my mind, something shifted. I felt an opening.

My mind had no immediate answer and I waited...

What might happen if I *admit* that I am lost? I wondered out loud. My mind had no immediate answer and I waited... A body memory of being lost surfaced. It was a frightening memory in my experience as a 3 year old. Then, as if in answer to my question, an awkward, dark emotion moved through my body and evaporated. I felt it and then, it was gone.

Suddenly, there was no emotional charge on my memory of being lost; the tension was gone. I felt at ease and open to what might happen next. My memory of being lost took on a new meaning in that moment. Instead of confusion, there was clarity. Instead of fear there was acceptance. A new state of consciousness emerged as I felt the feelings I'd carried with me since I was 3 years old move through my body.

I wonder what's possible when we consciously bring inquiry, self-awareness and play to our personal experience of the current economic, social and political reality. What stands between you and accepting this perfect opportunity for conscious exploration and adventure? Are you willing to consider the value of your contribution to a healthy global future?

*Pamela Seawell
Rosen Method Bodywork Practitioner
December 2008*