



HOW TO MAKE SENSE OF IT ALL?

What happens when the world feels like it's collapsing around you and there's no way out? At the same time below the surface, you notice a subtle yet constant unnerving, gnawing sensation, like an inner whisper that something's deeply wrong; and yet, you can't put your finger on it.

At the moment you realize, it seems like a waiting game, as a subtle scent of doom and gloom waffle through the air. You can't help but worry, it's your nature. You want to retreat; yet, something inside says WAIT, there's more. The world seems in total turmoil and the ethics of humanity appear to be at a crossroads. So you ask yourself, How Do I Make Sense of It All?

Let's get back to this important question in a moment.

I was speaking to a client who was sharing her reflection from earlier today. She was pondering with great heaviness in her heart, "what is the world going to be like in five years if we keep on this trajectory? How will our children have the wholesome life and same experiences as we did." As she paused for a moment, I continued her sentence... " ... and not suffer from the trauma of what appears to be a broken moral compass of humanity? Will people ever recall or give the tiniest credence to the idea of cause and effect again? Where do we place that "thing" we used to hold as a gold standard, especially for the new age folks, we called it Karma?"

How can we find "it" again in a world that seems more like a scene from a horror film than the current country we live in and called home for so long. How do you stop from sliding down the cliff into the mud-pit of a corrupted mindset disguised as the "new collective framework" for humanity's "greater good" and all under the umbrella of "safety"? You ask yourself, how can this make sense? When you know deep down inside, something doesn't feel right and it isn't exactly correct. You're reminded, I don't recall this place anymore. How can this be? How did we get here?

As humans, how did we become so blinded by our own insular world and focus solely on our own life that we missed what was right in front of us? It must have been so grand, so obvious a plan; yet, to end up here, how... I had no idea?...

Yet, never even an utterance of such a possibility ever crossed even the most remote places of my mind? Do I blame the media now, a busy life, demands of a family, work and financial pressures... or wait, the whole political thing ...what... who... why?

Again, I've asked myself over and over and over again, How Do We Make Sense of it all? Thousands of thoughts plague my mind every day and every night. How Did We Get Here? And just before the worry forces me to jump too far ahead and the frustration takes hold, I remind myself... just breathe!

As I was meditating on the many challenges that seem to be facing our country this past year, there is one thing for sure, these are global questions and concerns all humanity are contemplating. I had some assurance believing that many people around the world share worries just like mine. These are questions people, like you and me, regardless of language, culture, religious beliefs or social-economic status are all facing. Some have seen this movie before, even lived it on the daily for years. While some of us didn't realize, perhaps it all seemed to be removed from our daily experiences and just too inconvenient a thought.

In that very moment of realization something so powerful, so earth-shattering made sense to me; but, how could this be, it was so simple. Yet, there it was. It didn't hit me like a ton of bricks. It wasn't a hammer that fell on my head. In fact, just the opposite. It was a subtle and peaceful moment of clarity. I simply understood there comes a time for each man and woman to decide.



Naturally, we go back to basics and ask ourselves... How Do I Make Sense of it all? In that question, we learn it's about what brings us together and more tightly bound than the "what" that separates us. In our most authentic awake state, we all share something in common: the desire for something better, something greater for each of us. The question we should be focusing on is: what it is that we all want, desire...? Here is where we find ourselves, all of humanity, on the same field.

All men and women want a sense of security, health, love, fairness and opportunities. So then, why do we verbally arm-wrestle one another if we have the desire for the same basic goodness?

Regardless of how we arrived, we ended up here because we got too comfortable. And at some point, we stopped believing and connecting with each other missing the most basic human need we all strive to receive, and that is Love. Often, to get to the other side, the best place is traditionally directly through the fire, right down the middle. We have to face it, ask the challenging questions. We have to stop avoiding the obvious. There is something so real, so raw, so honest and makes us so vulnerable that we can forgive ourselves and others in the fit of frustration, hurt, fear and anger and that is love. I believe with all the most challenging and extreme times, throughout history, what comes is a reminder of what we morph through as a people, as a collective and as a humanity.

What side of the fence do I want to be remembered sitting on. I was reminded that in true love, there are no sides... In true and pure love there isn't a neither-nor side or an either-or side. There is only the side that brings together all humanity in the awareness of compassion and LOVE.

What we have to ask ourselves is, How do my actions help define, create or better the situation and foster a more positive experience promoting growth and opportunities for the greatest good of all. Success, in this case, can only exist if it serves all humanity, not one person or a particular group of people. That's what we call a temporary fix, not attaining a long-term solution for all beings. When one group is left out, it is an immediate loss for society as a whole. When we are forgetting to include a win-win dynamic, we are creating a sinkhole for everyone. Basically, this is a vacuum approach that will eventually negatively affect all people. It's just a matter of time for the issue to be fueled, causing a greater harm to our collective growth as one. What we need to strive for is a solution-based approach that promotes healing and a win-win-win driven scenario. Rather a three-tier approach which allows room for expansion and creative ways to affirm all equally and productively. This is in accordance with the flow and natural order of the Universe and the quantum field. We see this phenomenon in science. When we consider the earth is constantly creating more of itself, this is a construct of positive, creative life force energy. Consider our energy, including our personal contribution of time, money, resources, efforts and ACTIONS as part of this "collective" force. Then how can we not see ourselves as a part of what we are creating in the Universe? In fact, it is not separate, rather the opposite.

Tips On How To Help Make Sense of It All?

1. You make sense by looking at all the key pieces in the puzzle, not just choosing to see only the pieces that fit in the part of the puzzle you like.
2. You must look at the whole puzzle and see where this section fits into the entirety.
3. Remembering, you can't solve the problem using the same ideas/thinking that caused the problem in the first place. How can you talk about an assault to humanity and yet solve an approach that doesn't promote peace, unity, love and consciousness?
 - Ask: Do you want to fight, or do you want a longer-term solution.
 - Ask: Do you want to be right, or do you want to solve the issue?
 - Ask: Are you a part of the solution or are you adding to the issue or creating another problem?
 - And what does it mean to win the cause? What does it look like?

