

I in the Storm

Life has seemed like a swirl lately. No matter how much I try to slow down and prioritize, it just keeps on moving by.

Sometimes I fall into the swirl and it is like stepping into hurricane winds, I am swept this way and that, and it life feels hard. Other times I remain quiet and peaceful no mater what blows by my window. It feels like I am in the eye of the hurricane, where the sun shines and the gentle breezes blow while all else is swirling around me in chaos. My awareness is growing about what determines whether I am centered and peaceful or being wildly blown about in my life – it is perspective and attitude.

At first look it does not appear that we have control over perspective and attitude. After all, is not how we look at something and our attitude about it part of a knee-jerk reaction shaped by our previous history and genes? Well, yes and no. Initially our reactions to things are quite unconscious and even sometimes instinctive. As we gain awareness and master more of ourselves, however, the unconscious becomes more conscious and what was once shadow is brought into the light. Once we can see more clearly, new perspectives arise and choice of attitude becomes possible.

Perspective is a way of seeing things and attitude is how we feel about them. If there were not multiple ways of seeing and feeling about the same thing, there would not be the diversity that there is in the world. So the trick is to loosen the mind from its preset, default way of seeing and the emotions from their set way of feeling, to be aware of the multiplicity of possibilities. I say the mind because it is the mind that holds both consciousness and awareness that determines perspective and attitude. The heart is always still, calm, and peaceful. It does not have the attachments that cause it to leap into the chaos.

Practically speaking, when you find your mind about to make the leap, catch it in mid air and ask if there is another way to see or another way to feel. The small I, or ego, has a very personal perspective on everything and is ready to take offense about the past or create dire predictions about the future. The large I, or higher consciousness, like the heart, knows that all is well regardless of how it appears. It's perspective and attitude is trans-personal, moving beyond the ego fears to embrace what is and yet not indulge in it or control it. Perhaps that is what it means to be in this world but not of it.

So when the energy is swirling around you, be sure to check your perspective and attitude to see if it is coming from ego or the true I. Become the I in the storm.

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