



BodyMind Balance Article November 2008

Focus and Choice

If we are fearful of the future (which are possibilities or potentials remember, not concrete outcomes) how are we living today?

Currently there is much talk of doom and gloom and financially there is a lot of strain across many sectors. Often in times of challenge or hardship, we gain great clarity around what is really important to us. We all know of people who, faced with challenges such as cancer or other life changing events, have totally changed the way they live their lives; they have stopped working the long hours, put more time into family and friends, the unexpected new found time on their hands has initiated a new hobby or passion which provides much pleasure and fulfilment and sometimes financial reward etc etc. These people may tell you that their illness or redundancy was a gift.

But this can be hard to understand or comprehend when we are struggling to pay the bills, mortgage etc and all we are exposed to, reinforces this sense of despair. However, it is my belief that we can either be part of the problem or part of the solution. Focusing on the problem by continually thinking, talking or worrying about it means we are part of, and perpetuating, the problem. Being part of the solution, requires us to have courage to act and think differently, to look outside the square, to look for creative solutions. It also requires us to move out of the group mind or group consciousness and determine what our individual truth is.

What does this mean? It means being aware and responsible for how we spend our energy (including money) and where we put our focus. It means instead of grumbling or complaining about the economic situation for instance we take the opportunity to clean up our act and to be responsible for our choices. For example, having enough food to feed your family may be your priority. So what are possible solutions for this? Are you able to plant a garden, some pots, can you do some swaps or trades with your neighbours, friends etc. Is home baking or home prepared meals a more cost effective solution? It is about having clarity around what your fundamental values and needs are and getting creative to ensure they are met.

I believe these times are providing us with an opportunity to get back to what is important; family, community and the Earth. We cannot keep living such secular lives with little regard for the earth, our families, our communities and ourselves. We need to move towards a more what I call 'heart centred' way of living; less greed, more compassion; less 'I', more "we".

Here are my thoughts on what we can choose to be doing to live fearlessly today:

1. **Focus on possibilities** rather than problems. When we do this life is instantly more expansive. This does not mean put your rose coloured glasses on and think positive thoughts with no accompanying action. It does mean look at the positive side of circumstances and act from your heart and taking responsibility for ourselves. Acknowledge your emotions and use them as the sign posts they are to choose to move towards that which gives you uplifting and life-supporting possibilities.
2. **Be grateful.** When we are grateful, we automatically set the scene to attract more that we can be grateful for. Every night before you go to sleep, state 3x things you are grateful for. (Sometimes this can just be that we have a roof over our head, and great friends and running water). The more we are grateful, the happier we are.
3. **Trust** – ourselves and that there is a greater plan for us. This can be the hardest of the three to do, especially if we are used to being in the driver's seat and in control. A woman I knew wanted a job and applied for a full time position doing something she had done in the past. When she didn't even get an interview, she was very angry and disappointed. Yet, a month or so later, she was able to undertake some training which she had been wanting to do and was given a promise of part time work upon completion of the course with an understanding that as the busy time in the industry came, she would have more work. A couple of months later, she is now in an assistant manager role, earning good money and loving it. Of course, hindsight enables us to see this greater plan and how everything happens in the right order and at the right time. We just have to trust that this is the case all the time and relax the reins a little!

Remember that where we put our focus often becomes the reality. Have some fun with this and observe how many yellow cars you see over the next two days. What you may find is that all of a sudden, the roads are full of yellow cars. And yet the week before there were none. A good example of what we focus on is what we see. What could you now put your attention on? Doesn't it open up huge possibilities? Do you focus on a half empty glass or half full?

There is a huge groundswell happening – we are now living in a new co-operative era where old structures are breaking down and new structures and new ways of operating are coming into being. We can all be change makers, part of the change – determine how you want to live your life and start living in that way. A life filled with resentment or anger will only give you more of the same. And of course, a life filled with gratitude and compassion will also give you the same. I know which one I'd rather have.

And finally some great words of wisdom that I quote regularly:

It is not circumstances that determine us, but how we respond. We always have a choice.

What will yours be?

A handwritten signature in blue ink, appearing to read 'Deb', is centered on the page.

deb@bodymindbalance.co.nz

Ph: (09) 412-7234