

How to Flourish in the Face of Fear

Colder weather makes us contract. We shrug our shoulders, duck our heads, and try to brace ourselves against the chilly winds. Do that for too long and we ache all over and just want to curl up somewhere warm and protected.

Many of us are bracing ourselves against the wintry GFC (global financial crisis – in case you missed hearing about the latest phenomenon). Many have been strongly affected by the changes in global economics, and many are on alert in case they are.

Its presence can have us shrinking from its power to threaten our lives. Lately I've noticed many people are extremely tired. They want to retreat, shore up their livelihoods, prepare for the worst to come.

Fearing the Unknown

There's no doubting the GFC is very vividly alive in our global consciousness. But what does this spectre really mean to us as individuals? Is it the monster we are warned to expect? What's its true power to destroy?

A primal reaction to anything that changes our lives is fear. The 'old brain' kicks in to protect us. Our bodies go on alert, adrenalin racing, and the mind sharpens up, looking out for danger.

But it's exhausting to be on alert all the time. It is just as primal to want to feel safe and secure. We long to relax.

So how do we navigate change, protect our lives and experience a more pleasurable environment?

Making New Meaning

Recognise that change, chaos even, is as sacred as peace. Change is creative. It destroys what is no longer appropriate for our evolution. It forces us to wake up a bit more to who we are as human beings. It shows us what is of true value. And it wants to bring about a new regime. It is the force that comes from the same divine space that creates everything. That's why it feels so powerful.

Our job is to learn to go with the flow of change manifesting in our world. And accept that it is created by all of us on our global evolutionary path. Carl Jung talked of the collective consciousness. Right now, collectively, we are renovating ourselves from the inside out. But we are blaming external situations for their impact on us and for forcing us to change.

If we flow with the changes and adapt, we can experience exhilaration instead of fear. We can experience the power of our own creative being. In fact, the very aim of change is the very method we need to employ to navigate it. We need to dig deeper into who we

are and what matters to us. That way we can determine our future. We become cooperative creators.

Dig Deeper

Practise seeing through the eyes of your inner wisdom. The safety we seek in a fear-provoking situation is found deep within us. Learn to meditate or make deep relaxation your time to access your authentic self. We have to take a quieter stance, one of calm openness to what is now coming into our realm.

It's this open, aware stance that makes a spiritually intelligent leader. It is what gives us control over how we seek to respond to anything in life.

When times get tough and threats abound, it is easy to contract in fear. But you risk reacting rather than responding and your life will be about dealing with fear rather than creating a greater vision.

There are always opportunities in a 'down-turn'. Perhaps it is really an 'up-turn' if we make it so.

Tips To Flourish

Some points for developing deeper self-reliance:

- Soften your thinking, your body and your heart. Breathe deeply and slowly.
- Keep a detached perspective. Take an objective view from the balcony of life.
- Go deep within every day. Connect with your intuition and wisdom.
- Take an attitude of alert awareness. Focus your mind.
- Contemplate rather than think. Ask, 'Is that really so?'
- Envision the circumstances you desire.
- Check the ego is not destroying what is beneficial to you.
- Trust yourself. You do know what's best for you.

Take heart, have courage. The French word for heart is 'coeur'. Courage means 'of the heart'. In challenging times, trust your innate wisdom and take refuge in your desire to do the best for yourself. Trust yourself. It is the best way to relax, stay warm and flourish.

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