

Negotiating the Tough Times

We all experience times in our life when we feel lost, alone, afraid or unsure. Being on a journey of evolution and expansion doesn't make us immune to these feelings, but gives us some tools that can help us understand, accept and move on.

In many ways it can be harder to go through tough times with increased consciousness, especially in the early stages of your journey. Embarking on that journey we are full of hope and enjoying the benefits of being more aware and feeling increasingly positive then suddenly illness, stress or anxiety strikes. When you experience those things from a place of evolving consciousness it's easy to feel like this is a sign of failure, inadequacy and weakness. WRONG! It is a natural and normal part of life to experience these emotions.

Your success and strength is determined not by your ability to avoid feeling these things, but by your ability to negotiate the difficult times and continue your journey. Whatever you feel is OK; giving yourself permission to be who you are is a big part of evolving your consciousness.

It's also important to remember that tough times are our opportunities to really use the skills we are learning. It's not particularly difficult to have a positive attitude and outlook when everything is going well! But being able to accept our own limitations and keep our self respect and love when we're struggling; those are signs of true strength.

When you find yourself struggling and feeling overwhelmed by life try using visualisation techniques to lift yourself free. For example you might imagine that life is a river, and currently you are in the water being tossed about and carried along by external events feeling like you're not able to take control. Now imagine instead that you are standing on a bridge watching the river. The same events are occurring, life continues flowing, but it no longer has the power to drag you along for the ride. You can watch the events with more of a sense of detachment and appreciate that the events currently occurring will soon be replaced by new ones.

Gratitude is another powerful tool for negotiating the tough times. Essentially it's about changing focus - instead of being preoccupied with whatever is causing you stress or anxiety, put your focus onto something positive for a while. This could be some aspect of your life that is going well even during the tough times, or it could be something completely external to you, such as getting out and spending some time in nature and appreciating its beauty.

All of this can be easier said than done of course when you're feeling out of sorts, I totally get that and I've definitely been there, but ultimately we all have a choice - let those feelings of sadness, anxiety, uncertainty or emptiness overwhelm us, or give everything we have to fight them and turn things around. Remember when you're doing this though that you are not fighting yourself. You're not saying it's bad or wrong to feel this way and you need to stop it, you're looking within and saying why am I feeling this way, are things really as bad as they seem to be feeling, can I put some perspective around this and will it help me to feel a little less overwhelmed? Consider what you can do physically to support this also - do you need more sleep, to improve your diet or more exercise?