

Normal Times — Uncertain Times



Guidelines for navigating change and repatterning personal, professional, and social interactions.

When we come back to our breath, I am returning to the present moment, “overcoming my familiar thoughts and emotions of my known past and future – then energetically, neurologically, biologically, chemically, hormonally, and genetically, that predictable future (as well as the familiar past I used to affirm it) no longer exists. If I’m no longer firing and no longer wiring those same old neural networks (by no longer thinking about those memories of the people or things at certain times and places), and I keep returning to the present moment, I am calling energy back to me.” (Dispenza, p. 60)

Theory



In the face of the unknown, a natural response is to become confused and to feel anxiety, fear, and doubt. In fact, many of us can be “triggered” into a survival response where we want to run, fight or freeze. Without presence, we tend to respond to our perceptions of probabilities and possibilities by turning them into realities, **as though the imagined event is going to occur.**

Introduction

*Seek opportunity, not certainty,
in the face of the unknown.*

These are uncertain times: Without the ability to be present, uncertainty invites fear, doubt, insecurity, confusion, anger, sadness, judgement all of which contribute to poor decision making.

In **normal times**, you think about moving forward and into a future of your own making.

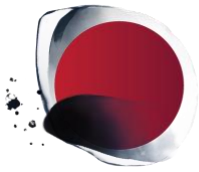
In **uncertain times** we think about what we can return to and the life we have already created.

In **normal times**, you imagine a future and you seek to embrace possibility.

In **uncertain times**, we stop, return to the present moment and assess our life and the life of those around so that we can contribute to their wellbeing.

In **normal times**, we seek understanding and certainty about what we are doing today so that it will enhance our tomorrows.

In **uncertain times**, we embrace uncertainty and settle down and into the present moment. We think about who we can take care of.



*In these times of uncertainty, we are being challenged to let go of the old
and create the new.*

Rainer Maria Rilke

“Have patience with everything unresolved in your heart
and try to love the questions themselves. . .
Don’t search for the answers,
which could not be given to you now,
because you would not be able to live them.
And the point is, to live everything.
Live the questions now.
Perhaps then, someday far in the future,
you will gradually, without even noticing it,
live your way into the answer.”

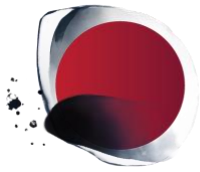
Practice

There is a Natural place for us to reside and that is in the present moment. For most of us, for most of the day, our present moment will not be the source of our suffering. You find that your discomfort, fear, doubt arises as your thoughts are drawn into the unknown future.

Stay open to opportunities to stop, take a moment to breathe, connect more deeply with yourself and loved ones, and consider all the ways to be healthy - physically, spiritually, emotionally and mentally.

Guidelines

- What life, have you created that positions you for the current situation?
- We are part of the solution, not at the effect of the problem.
- Now is the opportunity to stop and reflect. Challenge: How will you deal with the backwash of the unwanted.
- Opening for expanding capacity of concern, mutual aid, self-reflection.



- What you take for granted in yourself is an extraordinary gift. How can you extend this into the current situation and become part of the solution and not be at the effect of the problem?
- This is a time to elevate, rise, and unify in the face of uncertainty.
- Return to the moment and remember that what you and your loved ones are facing is difficult.
- If your emotions become too intense, step back and out of the situation.
- You have built your life in preparation of these times and up to this point and for the near future, it is time to settle back and accept what is happening.
- Pay attention to what is calling for your attention and spend time with it. It could be a conversation with your partner or child. A deeper dive into your career. Research and reaching out to people you haven't connected with for a while.

Rationale

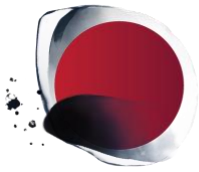
Provide healthy ways to manage anxiety while staying focused on the challenges ahead.

- Be authentic.
- Listen deeply.
- Don't express your judgment or try to provide solutions.
- Be empathic: resonate with the situation at hand.
- Playback what you hear and be willing to attune yourself to the thoughts and feelings of others.
- You don't have to act as if you can make it better.

Live into the Questions

Living in the question is a posture which allows for: staying open to possibility, freedom from the pressure to understand or resolve, while increasing your ability to allow for the tension of internal difference and dual functioning.

- How does who you are and what you do serve you?



- You may not know how to help yourself in trying to understand an uncertain future, how can be successful in this very moment.
- What do you need to do to pivot and adapt all of your resources to be successful in this very moment?

References

Dispenza, Dr. Joe. (2017). *Becoming Supernatural: How common people are doing the uncommon*. Carlsbad, CA: Hay House, Inc.

Dukes, Timothy. (2017). *The Present Parent Handbook: 26 simple tools to discover that this moment, this action, this thought, this feeling is exactly why I am here*. Familius, LLC.

Roberts, Elizabeth and Elias Amidon. (Editors). *Life prayers: From around the world*. San Francisco: Harper. (p. 217)

Links:

Learn to Meditate: Half Day and Full Day retreat schedule:

<https://alifeofproductivity.com/free-template-at-home-meditation-retreat/>

Guided Meditations with Tara Brach:

<https://www.tarabrach.com/guided-meditations/>

Talks on Meditation and Practice

<https://dharmaseed.org/>

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The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.