

“Celebrate Life’s Uncertainties”  
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I recently heard Deepak Chopra share some of his thoughts on life. He said that we need to be comfortable being insecure. He said that we should love the unknown and uncertain and that life should be a series of surprises.

It seems to me that most of us spend a great deal of time trying to ensure that everything goes just as we want. We plan, organize, and make lists all designed to create a life without surprises and uncertainty. When we are running late for work or a class, when we miss a phone call or when something come up that has to be done immediately, we often become anxious and frustrated.

It’s easy to become overwhelmed, afraid, and frustrated at what we are experiencing. In light of all that is going on in the world, we need to center ourselves. We can begin by recognizing just how uncomfortable we have become inside and how our thoughts and feelings are disconnected and our actions, too, are not in sync with how we are really feeling. We might feel unfocused and aggravated that our situations seem to run our lives. Centering ourselves is a way of dealing with all the energies within us and bringing them back into ourselves. I find myself centered in nature. The mountains especially create a peace in me that allows me to bring my thoughts back together and to be able to face uncertainty and insecurities more calmly and confidently.

I use breathing to accomplish this, too. I lie on the floor and breathe deeply. I let life wash over me and I am left with a feeling of being centered. When we are centered, we can begin again, directing ourselves outward in a more intentional way. We can face uncertainties and insecurities with peace and calmness.

A student asked the other day how she could face the future with so much negativity and hurt in her past. I understand that many people are emotionally fragile and have been burdened with much in their past lives. Individuals who find themselves unable to release their pasts tend to sabotage their futures. They repeat behaviors and, because of being so caught up in the past, they limit themselves and their potential. It has been said, “if it is not repaired, it will repeat.”

Life is a series of journeys. We have choices regarding those journeys. We can embrace the unknown and uncertain that we will undoubtedly face along the way or we can be afraid to face these aspects of our lives. Learning to be comfortable with life’s unknowns and uncertainties is one way of opening ourselves to the limitless possibilities of life. It is a way to realize our potential.

I recognize that some have more past issues and memories to deal with than others. Learning to be centered may be more challenging and difficult and we may, at times, want to seek to support of professionals who can help us process and release these overwhelming memories and feelings of our pasts.

We can celebrate life’s uncertainties and unknowns. We can do this in a variety of ways and becoming centered is just one of those. It takes courage and desire to do this and the benefits with far outweigh living a life of fear or denial.

*Remember: joy and happiness are deterrents to pain and suffering.*

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David Rude Equine Assisted and Life Strategy Coaching is for people interested in learning to fully function in life, both professionally and personally. It is for those individuals who feel that they have lost the ability to fully relate to others, maybe even to themselves.

Life coaching can help individuals find a balance between the demands of work and home. Life coaching identifies the obstacles and challenges in our lives that prevent us from developing successful relationships in our professional and personal lives. David can help create a life you love. It can provide opportunities to learn more about what is in your heart and head and help you discover the connection.

**The question is:** Are you ready to know yourself and to fully understand and appreciate your true potential and abilities?

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