

RE-ENGAGING WITH LIFE-- The Waiting Period

Transitions: The Gifts of Change

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“The life force for humankind is, perhaps, nothing more or less than the passionate energy to connect, express and communicate.”

--Rosamund Stone and Benjamin Zander, authors of The Art of Possibility.

Intending to jump start a new year with vigor is all well and good, but for many of us getting energized again post- holidays feels more like a slow crawl out of a cocoon. We are often like animals, intuitively guided to hibernate in the winter months.

Feeling bored and restless, I want to scream. The people I need to contact are still on vacation, my son has been home sick for a week, and my friends are in a similar challenging period where we are unable to lift each other up.

Yet, I know this time where nothing appears to be happening externally often gives us our richest insights for next steps or changes we want to make. We need the space between old and new, as in this waiting period, to create new outcomes beyond what we have known in the past. The unknown is indeed our most fruitful time if we accept it as a learning tool.

Listening to conductor Ben Zander speak a little over a week ago at “The Art of Possibility” seminar sponsored by The Tri-Town Council, and then rereading his book of the same name, he passionately expresses the joy of living outside of our comfort zones. Letting go of resistance to the unknown is key. We also learn to break from the downward spiral of thinking negatively in limitations and scarcity by choosing a new framework of living in possibility.

In his book, Zander stresses accepting current circumstances. “Being with the way things are calls for an expansion of our selves,” he writes. “We start from what is, not from what we should be; we encompass contradictions, painful feelings, fears, and imaginings, and—without fleeing, blaming or attempting correction—we learn to soar, like the far-seeing hawk over the whole landscape. The practice of being with the way things are allows us to alight in a place of openness, where ‘the truth’ readies us for the next step, and the sky opens up.”

My truths that emerged during the lull in activity in my life taught me how much I enjoy connecting with people. The writing life, while blissful, can also be very solitary. Finding part-time work that is socially engaging is one of my intentions for this year.

Attending more community events where I share experiences with others is another goal of mine. Fun is at the top of my “to do” list as well.

By refueling our souls for new possibilities during periods of waiting, then taking inspired actions that show the world we are ready to do our part in manifesting new outcomes, we are guided out of the unknown. New beginnings emerge by carefully listening to whispers of inner wisdom or other signals that a new path may be right for us.

“Synchronistically, opportunities seem to open fortuitously, the people we should meet accidentally cross our path, a flow or ease accompanies our work,” writes Jean Shinoda Bolen, M.D. in her book *The Tao of Psychology...Synchronicity and the Self*. “Each facilitating, unsought event then begins to center a feeling of being blessed, each serving as a lantern along the way, illuminating the path with heart. The sense of fullness and flow influences the sense of time; there seems to be enough time to do whatever we are here for—even parking spaces synchronistically materialize. ‘Humming along’ is a good description of this really good place...There is a generosity and freedom from fear within the psyche and in the world.”

The method for achieving that flow is, as co-author, executive coach and therapist Rosamund notes in the Zanders’ book, to put our attention on the larger patterns of which we are a part. Elaborating, she says that “Life takes on shape and meaning when a person is able to transcend the barriers of personal survival and become a unique conduit for its energy.”

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