

## **Coping With the Changing Times**

Given the seriousness of the coronavirus and the implications of it, for example, losing contact with close relatives, death, losing one's employment, limited social interaction on a face to face basis, concern about contracting the disease or working on the front lines either treating those infected or providing a service that is necessary such as working at a post office or in a grocery store, not to mention the stress of not having enough money to pay the rent, meet the monthly mortgage payments, or other debts, etc. it is clear that these changing times can be very stressful and potentially very difficult to deal with, while at the same time, still remaining healthy, both physically as well as psychically. With that being said, it is of the utmost importance to be aware of the might of thought and how it has a tremendous influence on how one copes with the daily challenges of life, both in our outward relationships as well as with regard to our inner balance or equalisedness.

This also pertains to the close confined quarters that one may find oneself isolated in along with one's partner or with other family relatives or young children. This can also accentuate one's ability or inability to cope with these conditions, that up until now, were not as demanding. For example, it used to be that one could simply go outside of one's home and work as well as experience new social environments or the children would attend school and interact with their friends. Now the times demand that one find meaningful activities at home to engage in, all of which requires resourcefulness, patience, caring, empathy, clarity of thinking, creativity, clear objectives, humour, healthy interactions among those close to you, focus on new and valuable work such as gardening, etc.

One important tool, perhaps the most important activity is meditation. It is possible to completely change or modify one's trajectory in life through the self-determined way of thinking and responding to the day to day life circumstances. There are various forms of meditative concentration exercises which are proven to be very helpful in directing ones thinking towards specific thoughts and creating changes in one's thinking patterns. For example, if one constantly thinks that one cannot accomplish a certain task, and repeats this over and over, then this is a program which inevitably must materialise itself...the pattern is established which requires its fulfilment, and the task automatically becomes too difficult to accomplish. On the other hand, if one programs positive thoughts on a regular basis, then those too have a positive, constructive influence on one's personality and interactions, and as well, in conjunction with the subconsciousness, solutions to previously difficult problems can now be solved, etc.

Deep relaxation exercises or even self-hypnosis can be useful tools for achieving a quiet peaceful state of being enabling self-suggestions to penetrate deeply into the subconsciousness and provide maximum influence and benefit. One such exercise is repeating over and over various phrases such as 'I feel calm, I feel calm' for 2 minutes at a time. Other such self-suggestions can be 'I am patient, I am patient', or 'I feel secure, I feel secure'... It is important that these phrases remain in the present and not for example: 'I will be calm or I wish to be calm or hope to be calm' .... as these already have the opposite effect because this implies that the desired effect is in the future and is not current. Therefore it is always important to keep it in the present. The power of self-suggestion is a tremendous

might by which one forms one's life. Taking the time each day to carefully chose which thoughts one want to support leads to their strengthening. Through conscious thinking there are conscious consequences. Conscious thoughts lead to conscious actions; the law of cause and effect. If we take the time each day to form our thinking in a positive balanced manner, through self-suggestions, we can now consciously direct our lives and be master of our thinking. We can now steer the rudder of our boat, and not drift out into the sea of confusion, being tossed to and fro by external and internal influences that unconsciously grip our decisions, but now we are able to make the conscious decision to further strengthen our patience, humour, understanding and empathy.

The key is in the effort. If there is time dedicated to promoting positive self-suggestions every day then inevitably the results and efforts will bear fruit. Establishing a routine of 20 minutes per day already sets the ball in motion. Persistence pays off.

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