

## **The *space in-between***

We've all had it happen to us. We've awakened in the middle of the night for a few minutes then have fallen back to sleep only to dream - or as some believe - 'receive a message' perhaps from the *other side*. I'm no oneirologist, but I have my own theories on why this occurs. One of them is that we are, quite simply, always awake, but at different levels of awareness or receptivity to what our brains are telling us (or exploring) while we recharge our batteries.

The other belief is that we humans are using that state to develop and evolve and to process unresolved issues we might have or to do a deep dive into our past for the purpose of understanding the reasons for our previous actions and decisions. In short, we are always using our energy, to utilize the *space in-between*.

In fact, I would suggest that it is in this space where we are tapped into some of our best energy (whether we know it or not), drawing on the lessons learned from our past. If we listen to these communiqués, we are better positioned to make better decisions, but that requires we suspend our disbelief in their relevance and importance and relinquish a certain amount of control. If we do, I am convinced that we will arrive at more, successful, mutually-beneficial decisions -- for ourselves and the people around us (that is unless we have focused too narrowly on ourselves and ignored the others). Think of the *space in-between* our decisions and actions in two ways: first as a laboratory where we can test our hypotheses - alone or in a group - and the second as a 'bridge' to reconnect with our dreams, drawing inspiration or insight into our humanity from them.

Granted, we have all had some pretty crazy dreams from time to time, and I'm not encouraging you (or me) to act them out exactly the way we experienced them in our sleep. Rather, I'm suggesting that we not totally ignore their *messages*, but instead use them to eliminate prejudices that we might have in our wake state that might possibly influence our decision-making. In short, the *space in-between* can buy us both time to weigh our options and also demonstrate to our partners and colleagues that we are willing to entertain other approaches. By taking our time, we are showing them we want successful outcomes, too, and not just knee-jerk solutions to complex problems. We are also signaling something crucial to group problem-solving -- that we are all fallible and are on a quest for self-awareness and that we refuse to be controlled by our own biases.

I would maintain that it is precisely the *space in-between* the arrival of problems/challenges and their solutions that is packed with intrinsic energy. Each encounter gives us some much-needed breathing room to find agreement and affords us a chance to exercise our own creativity and build on that of others. It is my belief that everything we do or experience has a *space in-between* and that we ought not ignore the opportunities inherent in each and every situation. If dreams are a wish the heart makes then it's time to use them as we would any open door to a place of peacefulness and self-actualization.

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