



When the water is muddy, let it settle

9 June 2022

We all have times, sometimes short-lived, and sometimes playing out for months, when we feel confused. Usually this happens when the unexpected occurs. When our daily existence is interrupted unexpectedly, which could be due to a job loss, a relationship break up, the death of a loved one, a serious illness, or some other change that happens and throws our lives into turmoil, we can be left feeling uncertain, uncomfortable, out of sorts, and not knowing what to do next.

This happens to all of us. Life is such that challenges like this happen. And they seem to happen quite regularly too. One moment we are happy and going about our business and living our lives, and the next we don't know what hit us and we don't know what to do about it.

Have you ever looked at a puddle of water after someone has been playing in it and kicking the water around? It's all muddy. It's brown. It's murky. You can't see the bottom of the puddle and you can't see anything in the puddle. That is a bit like we are when we are confused. When life has kicked us around a bit and stirred things up and we lack clarity.

If you are in such a state, the best thing to do, really the only thing to do, is let things settle. If your mind is confused because you are thrown out of your comfort zone into the unknown, and you are disoriented, do nothing. Let your mind settle. Have you ever seen a puddle of water where the sand and stones and debris do not settle down at the bottom? No. In the same way, if you let your mind settle, it will clear. Once the debris in the puddle has sunk to the bottom the water is clear. The same is true for your life. Once things have settled, once the particles have separated out, you start to get clarity. And when things become clear, you will know what to do next.

As human beings we like certainty. We need certainty. We crave certainty. And so, we want confusing situations to be resolved as soon as possible. Like yesterday. But that is not realistic. If you are stressed and anxious and confused, then the last thing you should be doing is making big important decisions about your life. Relax. Take some time out. Stop thinking about what is going wrong and get on with the rest of your life. As you relax and become calmer, so the muddiness in your mind will settle and you will be able to think and see clearly. The answers will come, and because there is now clarity, you will know the right next step to take.