

Diagonally Parked in a Parallel Universe: Confusion to Clarity



By Frosty Wooldridge

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Confusion dominates American society. Endless choices cause stress, uncertainty and frustration. Americans gobble painkillers, stomach calming pills and sedatives to relax themselves.

One look at the local news through the week illustrates bewilderment, irritation and distress with local politicians, gunfire among neighbors and students quitting schools.

Many television shows portray angry drama among married couples, office politics and conflict over values. To put it bluntly, we live in confusing times.

If you enjoyed parents who bequeathed solid values into your mind along with spiritual balance in your heart—you may count yourself among the lucky ones who meet confusing problems with a clear head and sound choices.

However, no matter what your situation in life, confusing moments challenge you on multiple levels: conflict with a spouse, argument with a best friend, co-workers and bosses. Just about anything can set them or you off.

Individuals deal with confusion in numerous ways: pills, alcohol, drugs, sports, confrontation, outbursts and passive-

aggressive behavior. Some hide it, mask it and deny it.

No matter what, each of us expresses our confusion in some way or other. For the sake of mental, mental and spiritual health—let's try a newer dynamic in the 21st century. Try to understand that confusion may shake up your understanding of life. Therefore, engage new dynamics to deal with it.

- ◆ Identify your confusion in order to pinpoint it and understand it. It may be a friend's anger, job frustration, social status, and/or a physical challenge such as obesity, depression or dependency.
- ◆ Employ a new attitude toward your confusion. Say, "What can I learn from this challenge?"
- ◆ Watch for possible solutions to spring forth from your confusion by looking at it in a positive manner.
- ◆ Visit a quiet place to think, draw deep breaths and contemplate.

Realize that no matter how rich, privileged, or successful your situation in life, you cannot escape confusion. With greater understanding, you can deal with it.

Take these steps:

Understand that you live with the exact creative energy of the universe as every human that ever lived on this planet. That "universal vibration, frequency and pulsation" charges through your body 24/7. Engage that living energy into your thought processes. Think, grow and act on your own behalf.

Be honest with yourself. Get down to your basic humanity by being authentic. Those vibrations help you arrive at truth or stability, whichever the case may be for you.

You may talk to the Great Spirit. Not begging or beseeching that Power to solve your confusion, but instead, to grow you to your highest and best. A journey of recognition awaits your spiritual contemplation. Understand your oneness with the

natural world.

Take stock of your strengths and weaknesses. Understand your downfalls from the past by building on their wisdom. Every negative in your life offers a lesson. With understanding of your foibles, you may corner confusion within yourself. Once you stare it down, you may choose clarity.

The late comedian Robin Williams spoke through “Jack” who prematurely aged to the point where he suffered old age before he graduated from high school. He gave a speech to the young people in the audience, but he spoke to everyone at any age,

“Please, don’t worry so much. Because in the end, none of us have very long on this Earth. Life is fleeting. And if you’re ever distressed, cast your eyes to the summer sky when the stars are strung across the velvety night. And when a shooting star streaks through the blackness, turning night into day... make a wish and think of me. Make your life spectacular. I know I did.”

By choosing for your highest and best through life’s confusions, you may repeat those same words throughout your life.

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