



Hello,

There is no doubt that an uncertain year lies ahead. It's natural to fear the unknown. However our so-called 'leaders' of the moment are doing little to inspire us with confidence - quite the opposite, they're freaking us out. So how do we navigate our own way through this uncertain year with courage and determination?

The Centre of Confidence

If there is one New Year resolution to add to your list, make it creating space and time for reflection. Participating in the mindless reactionary decision-making so prevalent just now, will only create more chaos and loss of confidence. Confidence and strength come from within -from listening to and acting from our centre. In my view, it is the only place we can and must lead from to find our way through these difficult times.

Connecting with our inner voice requires silence. Bombarded with so much throughout the day, immersing oneself in silence is no easy task. It can lead to a sense of restlessness for the unprepared. Making space each day (only 10 minutes is enough to begin with) for silence is not to be viewed as a relaxation exercise to unwind from a stressful day. It is about consciously connecting to our core with right attention to what we are doing in our lives and intention as to why we are doing it. It takes commitment.

As you work at building and maintaining a confident attitude, refuse to allow the negative attitudes of others to overwhelm and undermine you. A difficult task given the doom and gloom portrayed in the media - but we must try. Find sources of inspiration - poems, music, art, nature and draw from them whenever you can.

Cultivating a connection to your centre will yield results if practiced daily with patience and discipline. It is the only way to lead ourselves wisely and creatively through these uncertain times.

Wise Words

"This is a place where you can simply experience and bring forth what you are and what you might be. This is the place of creative incubation. At first you might find that nothing happens there. But if you have a sacred place and use it, something will eventually happen. Your sacred space is where you find yourself again and again."

Joseph Campbell

Recommended Reading

The Hero with a Thousand Faces
by Joseph Campbell

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Your Views

As always, I enjoy hearing your thoughts and comments so please do get in touch.

Wishing you a peaceful, prosperous and adventurous year.



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