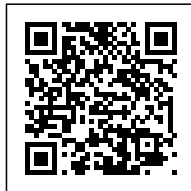


ADAPTING TO CHANGE?

Posted on April 7, 2020 by Dedo



Category: [Mindset](#)



Overcoming Any Challenge - No Matter How Hard It Feels

We're creatures of habit, so adapting to change at work or in life can seem scary.

I'm sure, like me, you're finding these times of [uncertainty](#) testing. Change at work or in life can present many challenges for many of us.

On the surface, it may seem easy, but "habits" can be a blessing or a curse. The question is, are you willing to meet an even higher standard?

My "offline" business, like most out there, has taken a nosedive. And if I attempt to steer my thoughts over "old" ground, they'll only create feelings of oppression and doubt.



As a body of matter in the universe, our physical realm is built upon various experiential nodes. They all report back to the "hub" for confirmation of the "real."

In short, we become what we experience, which is great when life's a peach. But when the shit hits the fan, all sorts of problems evolve.

New Horizons

Holding on to the "old ways" is the only thing that may be hurting you now. When we learn to erase these thoughts of the past and move on (and it can happen in an instant). The turbulent sea becomes tranquil once more.

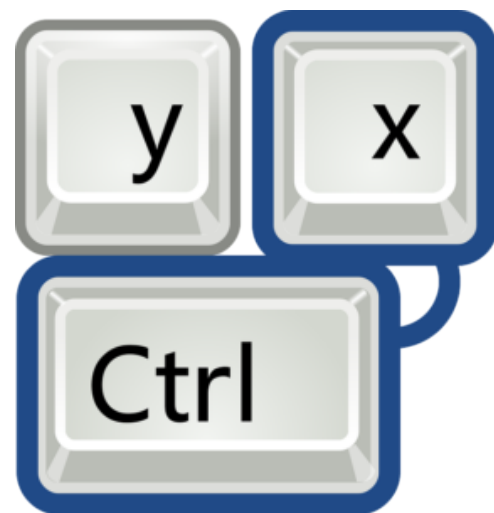
Imagination

Imagine being born into the world at this precise moment. Any [bias](#) to be learned starts from "Now." Not in the past, "**we haven't had a past yet.**" This is how people are "born again."

A habit or bias is a neuro shortcut (routine) that our brain loops into patterns of behavior - and at the speed of light, shoots to the present (Discover "[heuristics](#)" or binge yourself on a film called "Groundhog Day").

Note: I recall "learning" anxiety when I was a younger version of myself, and now, understanding the process, I can "see" it for what it is. This was when I had that AHA! moment, and later on in life re-affirmed to me by the neuroscientist "[Lisa Feldman Barret](#)."

Usually, these shortcuts are useful - (imagine having to relearn opening a door every time you use it) - But can be harmful if we're unaware of the process involved - and then "[identify](#)" with the idea or action (Belief formation).



Real Lies (Realize)

The majority live their whole lives "believing" the reality that's presented to them (without question). This is all fine and dandy until something catastrophic comes along and disturbs that "worldview".

Remember that the culture you're born into is only as "real" as the environment it perpetuates. If you moved to another part of the world (different culture), would you become "home" sick?

An excellent analogy is to imagine working in McDonald's (a franchise "system") and ignoring their processes - and only cooking Indian takeaways.

People would walk into the restaurant "expecting" burgers and walk out scratching their heads in confusion.

This is what's happening around the world as I type this message (although slightly more sophisticated).



People's brains are constantly reverting to "normal" instead of adapting to the new.

If we want to flourish in the years to come, it may be wise to pull together and be brave in this "new" world that's being "re-imagined"

So ignite that kaleidoscope within, and join with me in this exciting new journey to break through the flames of doubt, flying higher than you've ever imagined.

"From the ashes, a fire shall be woken, A light from the shadows shall spring..." — J.R.R. Tolkien, The Fellowship of the Ring.

This is a short article to help those battling with their thoughts in these confusing times. I hope it helps as much as I intend.

All the best, and be safe.

Cordially

Dedo Harrison



P.S: Be, Do, Have.

There are no comments yet.