

How do you Survive a Storm?

In every man and woman's life there comes a time of ultimate challenge, a time when every skill and ability, every resource of our being is tested. This is a time when life seems to be unfair. A time when our faith; our values, our abilities to persist are all pushed to the ultimate limit and beyond. Some use such tests as opportunities to become better people, for others it destroys them. What then is it that makes this difference? Is it our upbringing, experience, studies, our faith? Probably all of these can make a difference. The real secret, however, is to take any experience and make it work for you.

In silent appreciation of a Storm.

Have you ever considered the beauty of a "Storm" that comes along in life? In contemplation think about how much emphasis, we normally place on the statement: "Silence before the Storm" yet little or no emphasis on the silence thereafter. Strange that the turmoil and rush of wind that reaches us before the storm is like a rumour that prepares the mind for the break of news ... with the normal anticipation of self-created disaster, or illusion thereof; to follow without the necessary evidence to support. However, the "silence of the storm" is in the breath-taking moment just before it breaks ... and then our bodies shake in the tremor of the consequences that we have anticipated. All of this is so unnecessary and can be prevented. For it is the exact breath that we withhold in moments of a seemingly approaching threat - that is the exact Breath of Life that will carry you through. And then in the aftermath of the Storm we fail to realize our awakening to that which the storm was intended to do, or to bring into being. It is like the morning after a wild party, slowly and cautiously unfolding in the beauty that invites us to once-again participate in life ... in ignorance to the self-imposed headache that steals the opportunity of appreciation of life.



For it is in the silence after the storm that creation once again unfolds in the beauty of a breath-taking moment of awe towards that which came into being. You see, Creation occurs at two levels. First it is put into motion by our thinking minds, for what we believe creates our experience. For every action there is also an opposite and equal reaction. We think, and therefore create our own experience and then respond correspondingly to our own anticipations to bring our own expectations into realisation to manifest in our daily lives. How much more then the power to see our own abilities manifest in the same equivalent beauty that comes in the freshness and new life that is brought after the storm. If our anticipation is the illusion of disaster, then all that we will experience after the storm is the destructive power and suffering of our own delusions that are limited towards our experience of loss and pain. Yet we fail to see the outcome of beauty and growth that is brought as a Gift imparted to enrich for the next cycle of growth. It is in the memory of whom we are that we realize that nothing can harm or could be a threat towards that which I AM. For secondly, creation is set in motion by our Essence, that whom we truly are as revealed by our Infinite Intelligence. We create at this level when we are in a state of peacefulness and when we trust our Essence for guidance and support. For the storm can



only wash or blow away that which is not real and that which you truly are will remain standing. There is no need to build hideouts and storm-chambers that would try to survive the challenges that life presents. For it is in these very storms that we can find the beauty of our true selves. And oh, that is so awesome ... breath-taking and beautiful - just you! Remember, Challenges in life don't just arrive haphazardly ... no matter how "accidental", or "coincidental" they may seem, they only arrive when we are ready to face them. Not when you are ready to be squashed, but when you are ready to become MORE than whom you think you are.

Believe it or not, if it weren't for your so-called issues, problems, and challenges, there'd be no other way you could become even happier, cooler, and more enlightened than you have ever been before.

Seeking refuge against the dark of a Storm.

It is not uncommon to attempt to get out of a difficult situation as quickly as possible. Taking care of the details of our lives is generally considered a rational-mind activity. However, when our rational minds are active, we shut out our Infinite Intelligence (God), which has the capacity to handle the details in ways that are vastly more supportive of us and everybody else. As we learn to relinquish our rational thinking and surrender to our intuition – our connection to Infinite Intelligence – we discover how easily, effortlessly, spontaneously and perfectly events will unfold for us. Remember, in the school of life - challenges is not rocks that grind you into dust but a process that polishes you to reveal the brilliant crystal jewel you are. It allows your Essence to shine with brilliant radiance for you to be the Light in the midst of the darkest storm.

When we see the storm as less than ideal it still presents you the choice to manifest chaos and disappointment, or ultimately reveal the truth it gifts. By resisting calamity, it becomes for us the way we judge it and it stays that way until we release the judgement. Judging anyone or anything as being less than perfect blocks our ability to respond to the essence of the person or thing and creates discomfort within ourselves that can only be released by opening our hearts to the person or thing we resist. Acceptance and Forgiveness is the willingness to open the energy locked up in our resistance by acknowledging, accepting and appreciating what is, just the way it is. The mystery of life is not a problem that needs to be solved, but a reality to be experienced. A process cannot be understood by resisting it. Understanding must move with the flow of the process, must join in and flow with it. Appreciating a storm allows the heart to expand into unconditional Love towards Life ... and those whom our lives mirror in the things that we think, say and do; and in this unfolding revelation we expand in awareness in the mystery of whom we are.

What if, when in the morning when the sun rises, it did not greet me with a warming smile. And the birds in the air have suddenly become silent and it is to be found ... an empty home without the normal rush of day-break and the empty endeavour to meet the requirements of deadlines, occasions and meetings, the norm and the stress of just another expectation. So what if I don't meet the requirement that I myself have created in order to finally find the ok deep down in myself to support fully who I am without the attached meanings and expressions reflected by the standard out there? What if the efforts we invest in order to find ourselves is totally unnecessary ... and what if you already are, truly all that you have anticipated to be and nothing more is required of you?



Contrary to what we have been taught, we are not formed by the circumstances in our lives. I don't need to do things in order to be allowed to be someone out there, nor are we victims of our circumstances. We are the creators of these situations, and we have shaped them with great purposefulness in order to support our "Selves" in experiencing who we really are and to become all that we can and want to be, when you allow it. Should we then blame the world out there (or a storm), if we feel unsupported in our effort to meet the standard, or do we still acknowledge the freedom of choice to be fully who we are? The only thing left then to do is simply ... to be! Our perceived need to hold on to anything or anyone, or even some belief or value, however important they may seem to be, demonstrates our belief in shortage. Clinging onto anything, whether people, possession or reputation, blocks the flow of energy and reduces the joy of the experience, ending in lack of approval towards whom we are. It also inhibits new people and new things from coming into our lives and bringing us the gift of their presence. See, for just now the other may fall short of my approval and expectations for them to perform to my criteria ... and then again maybe "I'm not good enough", so they won't perform to my demands. As we open our hearts and expand in our trust to the natural state of the Universe, we give ourselves and everyone else the gift of freedom. You are free to be, so then why hesitate to conquer the world? Or do we need a storm to shove us out of the comfort zone?

Life is the song we're singing - so why don't you sing it. Life is a dance, so get up and dance your melody in transit. If you don't like the life you are living - then change it. The Universe responds to the nature of your song and will rearrange itself to do it. .



Every relationship, in which we stand, reflects our relationship with ourselves. Every person we attract is there to support us in opening our hearts of understanding, remembering who we are, reclaiming our power and becoming all that we can be. When we truly love our Selves and feel the power and perfection that we are, we attract loving, harmonious relationships with other people and circumstances. It is in the knowing and being who you essentially are, that the master need not to contend to prove anything ... the "enlightened" are therefore beyond all competition and strife. Why then the need to approve of yourself in your endeavour to impress, being clever or rich? Being content with whom you are, you don't need to have answers for eternal existence, and can simply stand peaceful and assured in the mystery of a storm. Instead of the obscure irritations in relationship with the all that is, the reflection of those that lovingly cross my way simply remind me of what and whom I am in the simplicity of expressing your true nature. It is the one that learnt to simply exist and allow their essence to reflect beauty as they contribute value in all that they are that have seen and tasted ... affinity. Remember, challenges in life don't just arrive haphazardly. No matter how "accidental", or "coincidental" they may seem, they only arrive when we are ready to **face** them.

But just what is Survival anyway?

When confronted with an unexpected survival situation we have the potential to overcome any challenges and beat incredible adversity or trauma. A traumatic event is "an experience that causes physical, emotional, psychological distress, or harm, or an event, or series of events, that causes moderate to severe stress reactions. It is characterized by a sense of horror, helplessness, or the threat of serious injury or death, and experienced as threat to one's safety or stability. Survival is the art of surviving beyond any event, difficulty or trauma. To survive means to remain alive; to live and ultimately assist us to become sensitive at a deeper level of consciousness. It guides us in the unfolding of that which we mostly resist and fear, bring it into awareness and has the potential to gift, to empower and equip. Survival is taking any given circumstance, accepting it, and trying to improve it, while sustaining your life until you move out of the situation into a sustainable position, and will mostly depend on your state of mind.

Common physical responses include nausea, diarrhea, stomachache, headache, dizziness, rapid heart rate, lightheadedness, allergies, rashes, grinding of teeth, increased colds and flu-like symptoms. Some of the common reactions that occur include fear, anxiety, numbness, sadness, depression, anger and rage. Other reactions may include:

- Negative view of the world
- Moodiness, Impatience or irritability, feeling jumpy
- Startling with loud noises
- Changes in appetite—eating too much or not being hungry
- Problems concentrating and e.g. difficulty in school or at work.
- Wanting to be alone more often than usual, or not wanting to be alone at all
- Re-experiencing the trauma, nightmares or flashbacks, and difficulty sleeping.
- Increased use of alcohol/drugs to cope with traumatic event, impairing recovery
- Tearful at unexpected moments, crying more easily or wanting to cry all the time
- Avoidance of situations that remind the survivor of trauma—places, time of day
- Loss of interest in previous activities
- Plans for the future no longer matter (7)

It helps survivors to know that they are not "losing it" or "going crazy," rather what they are experiencing are normal responses to an abnormal event. These are normal responses and feelings, and are their body's way of coping with a major life-altering event.

"Having done all to stand ... stand." If it is love, it will pass through you, strengthening you in the process and feed you with the water of life. If it is not love ... it is an illusion and does not exist (Fear clouds the mind to see a distorted and misty image).

Practical Steps of Dealing with a Storm?

1. Face your Problems.

What do we gain when we run away from our problems? Again we face the illusion of peace of mind through delayed action and sense of control over the situation. We can tell ourselves for a while that the problems are behind us, or that they were not very serious to begin with. We can keep life's harshness at bay, until someone else rescues us before it's too late. Yet life will catch up with us. Trials are but lessons that we failed to learn presented once again. So where you made a faulty choice before you can now make a better one, and thus escape all the pain it has brought you before. In every difficulty, all distress, and each perplexity, it is Life that calls to you and gently tells you to choose again. Then again why go through the pain if we can receive that moment's insight as we learn and grow through someone else's sharing of their experiences? What we lose when we run from our problems is the opportunity to learn. In the face of our own limitations, we learn how to listen to the voice of our own soul, to learn that life's difficulties enlighten our inner essence to illuminate the path towards purpose.

So just for today, I resolve, I will try to stand still long enough to face my problems. I will reject the fleeting and the false, the illusions that my ego tempts me with. I will accept the gifts that come when I quit running away.

2. Change your Attitude to Gratitude.

When we go through difficulties, it is so easy to fall into the trap of fighting with our own physical survival. With hardship often comes a feeling of darkness, and we think that if we fight against the darkness, it will move us towards the light. When we brace ourselves for battle we become hard and rigid, and closed up to observe the beauty of life as it unfolds around me. What we don't realize is that by fighting against the darkness, we are actually inviting the darkness and setting ourselves up as a target for calamity. We are giving it energy. By becoming rigid, you give up the ability to bend and sway, to move with the storm like the dance of a tree branch playing in the wind. It is precisely the lack of rigidity that allows the tree to survive. And yet, you don't fight against anything. Instead, you become what it is you are seeking. So when darkness comes, determine to be the Light. When difficulties arise - you become the solution. Actually imagine what it feels like to be in the solution instead of wallowing in the problem. Then allow that feeling to come into you, and become it. Gratitude energizes you; it is a state of being which is filled with strength, wisdom and all the courage you need to move through hardship in an enlightened, intended way.

Just for today, I resolve; I will be grateful for all of the things that are actually right in your life. I will become the solution by staying alert, being conscious and fully present in the moment.

3. Determine New Choices. (Goal Setting).

The choices you make are the hinges of your destiny. "Whatever you are feeling is a perfect reflection of what is in the process of becoming". (Esther Hicks). "A simple shift of your emotions can change your entire day and life". (Bob Doyle). While in a survival situation you will be confronted with many problems that you will overcome. Yes you will defeat negative thoughts and imaginations, and learn to control and master your fears. You will shift mental processes, thinking and feeling; and adopt that positive and optimistic, "Yes I can do attitude". And through this you will learn to be creative and use your ability to be flexible, improvise and adapt to any situation. Most of all, you will have the crucial task of solving the problem of staying alive – not to shutdown in emotional, physical and mental consciousness, rather to remain present and allow new choices and opportunities to arise from within. A positive attitude has a very strong influence on the mentality and motivation necessary for setting goals. If you want to survive then you must ultimately decide to take care of yourself, rely on your own resources, and not to depend on others to help you. So, picture your goal in your mind and visualize yourself reaching it. Never give up your dreams, for without any hopes, your will to live is lost in the wilderness and you will likely despair and die.

Just for today, I resolve: I will apply the skill of adaptability, the capacity to adjust to new situations and change my attitude and behaviour to handle new challenges as they arise. When an obstacle gets in my way, I can modify my approach to accomplish my goals. I will quickly let go of the way it used to be and use new strategies and tactics to fit the emerging reality.

4. Find your Inner Solution.

When you are one with Spirit – you are focussed on that which motivates you, give you enthusiasm and passion. When you acknowledge that which resonate with your inner essence, you have transcended the dimensions of your ordinary life and tapped the unlimited vision of higher consciousness. When you are here, you can actually begin to see what it is you can do to change the circumstances of your hardship and create a positive solution. This requires a spiritual orientation to life instead of a survival victim mentality that calls a storm into being.

Try this next time you feel weighed down by hardship and negativity. Sit in silence and allow your mind to empty of all its distractions. Sit in silence and quiet the mind chatter to hush, or simply find yourself moving toward a state (awareness) of grace. When empty of distractions, find the alertness we just spoke of by visualising yourself at one with the world around you, even the seeming disaster. Follow it to your higher consciousness, into the heart of the message it has for you. It will take you into gratitude, mindfulness with a 'thank you' on your mind for all the things which are still going right in your life. For all of the gifts of life which surround you even in the most trying times. When you are in gratitude, you are in the celebration, you realize that light and darkness cannot exist together, because darkness is only the absence of the light.

Just for today, I resolve ... With this realization comes the knowledge that what I perceived as darkness when hardship came, is really only an imitation of shadow. The solutions I seek will now become apparent.

When to Seek Professional Support.

How a survivor reacts to a traumatic event depends on that person's perception of the events, previous experiences with prior challenges or traumas, and their coping abilities, or level of available existing support. Some people are able to cope effectively with the emotional and physical demands brought about by traumatic events by using their own support systems. It is not unusual, however, to find that serious problems persist and continue to interfere with daily living. For example, some may feel overwhelming nervousness or lingering sadness that adversely affects job performance and interpersonal relationships. Someone who has experienced multiple major losses e.g. loss of home or possessions, death of a loved one or multiple traumas may take longer to recover. Research indicates that most people directly affected by a major traumatic event will require some type of emotional support such as counseling. Trying to make sense of, or find meaning to sudden catastrophic losses can be difficult. We are left asking the poignant question "Why is life not always fair? And why do bad things happen to good people? Individuals with prolonged reactions that disrupt their daily functioning are advised to consult with a trained and experienced mental health professional. These professionals work with individuals affected by trauma to help them find constructive ways of dealing with the emotional impact.

Meta-Life Coaching (Pty) Ltd, situated in Pinetown, is a leading provider of Coaching and Mentoring Services in KZN. The company specializes in Personal Development Consultation and Business Mentoring. With more than 20 years of Counselling and Life-Coaching experience, we assist individuals and groups to overcome difficult areas in their lives and reach their dreams and objectives. We present Life-Enrichment and Personal Mastery Experiential Workshops and Metaphysical Training to empower individuals to live a more authentic and fulfilled life.

Should you require more information and want to know more of Coaching, Metaphysical Counselling, or finding your individual Life-Purpose and Consciousness Training, the consultants of Meta-Life Coaching can be contacted at the details given below. This is your opportunity, be empowered to handle change, learn all about a new perspective on life and the New Earth dispensation. We offer individual Transformational Coaching and Self Development Workshops that equip and assist individuals towards Self-Mastery and living their dreams and passions.

For more Information on our Rates and for Appointments: Contact Martin Brits.

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What is Personal Transformational Life-Coaching?

Life Coaching – also called Personal Coaching – is a solution-focused approach to personal development that can help you to make lasting change in all areas of your life. Coaches facilitate this change using specific tools and scientifically tested techniques that work, thereby empowering you to be the very best you can be. With the motivation, support and caring that Meta-Life Coaching provide, you will find you are capable of achieving far more, and leading a much more fulfilling life, than if left to your own devices. A life coach will guide and inspire you to bring about a clearer understanding of your aspirations, goals and life purpose – and to effect the necessary changes in your current and future behaviour to ensure the realisation of those goals and aspirations to make a lasting change in all areas of your life.

Essentially, coaching is about having a choice, and NLP is the techniques used in the process by which the client is assisted and enabled to change thoughts, beliefs and behaviours, and to remove any limitations about self, allowing you to be the person you really want to be in life. You can learn to control how you behave, how to be aware of your emotional and physical states, and have the power to determine how you and others communicate and interact by using verbal and non-verbal language. NLP uses the language of the mind to consistently achieve specific and desired outcomes.



Personal Life-Coaching & Spiritual Directing are for the person who:

- ✚ Feel their life is stuck and cannot move forward.
- ✚ Feel their life is not what you want it to be, and want to create different results.
- ✚ You would like to change your behaviour and needs the skill and confidence boost.
- ✚ If you have a phobia, fear or any specific doubt to overcome.
- ✚ If you want to get rid of your self limiting decisions, and reach for the gold.
- ✚ If you want to clear up your past and align towards a compelling future.
- ✚ You want to clear yourself from emotional baggage, anger, sadness, guilt ...
- ✚ Rise above the limitations of your mind like poor self esteem, low confidence, and inner conflicts.

Benefits of Transformational Life-Coaching.

- ✓ Investing in the quality and depth of your life;
- ✓ Increase self-confidence and enthusiasm in life;
- ✓ Restore balance and greater productivity and thus more time;
- ✓ Developing healthier more effective habits and routines;
- ✓ Reaching goals faster, and put joy back in your actions;
- ✓ Self development and ultimate success;
- ✓ Learning the power of taking responsibility.
- ✓ Transform your inner critic into an inspiring superhero
- ✓ A deeper and more fulfilled spiritual life.



“The successful man will profit from his mistakes and try again in a different way” (Dale Carnegie)

“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world.” (Joel A Barker).



The Training and Mentoring process of Meta-Life Coaching is directed by Martin Brits (M.Min (Rel.Ed); B.Build.Arts; SAIM Dipl. Proj. Man), Personal Development Consultant - ISNS Certified Meta-NLP Practitioner Coach, and qualified Metaphysical Master Practitioner. Martin previously served as Ordained Minister and Director of various Counselling and Cross-Cultural Training initiatives for Missionaries and has extensive experience in Transformational Life-Coaching and Leadership Training initiatives. He is currently busy with his Masters in Religious Education, and is a qualified Spiritual Healer in various alternative modalities

Through the years in Ministry he has also observed the same re-occurring patterns of trauma and characteristics of survival, reflected in counselling sessions. Focussing on identity issues, he has also made an in-depth study of the Archetypal psychological dynamic and currently teach and present it from a Metaphysical perspective with a special emphasis on its cross-cultural application. Thank you for your interest.



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In Conclusion.

Are we of those talented people who just live by default, hoping that something will happen, or that someone will come and get them out of the situation they are in. The greatest gift awareness can bring is the ability (power) to facilitate change in your own lives. The greatest stumbling block in achieving a dream, is the limiting thoughts that we entertain. To live a happy life is to acknowledge the challenges and obstacles in life; not to use them as excuse and reasons for not being true to the vision I have for myself and everything I want to achieve. There is no power in self pity. Everyone has a story of pain, disappointment, rejection or tragedy. It's all part of life and when we dwell in the past, you will leave very little space to acknowledge the present. To find meaning in life is therefore a process of growth and self-improvement. Be grateful for it and create your future. Thank you for sharing this experience with me ... and the pain, as well as the joy it brings to your heart.

Simply to be ... *Mythic Sage*.

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Recommended Reading.

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3. Oriah Mountain Dreamer. 1995. The Invitation / The Dance / The Call. London; Harper Collins
4. Patty De Llosa. 2006. The Practice of Presence: Five Paths for Daily Life. Sandpoint, Idaho: Morning Light Press.