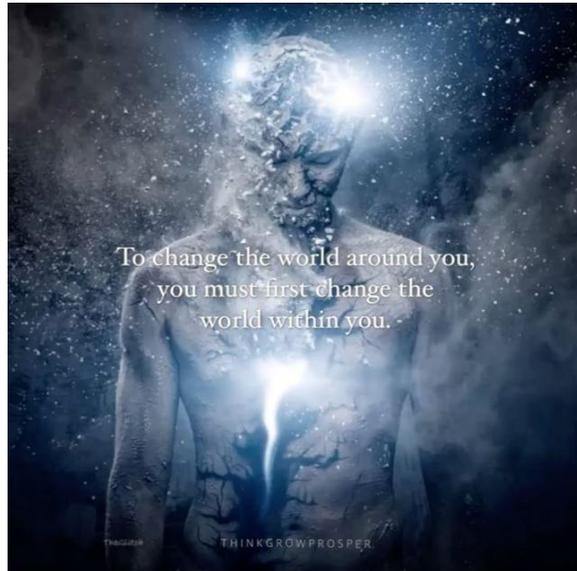


## Corona Craziiness – Parts of Me

By Debbie Craig



A few people have asked me recently what my greatest insights or lessons have been in the last 70+ days. Sometimes it is hard to lift up out of the mess of thoughts and feelings and stuff you have tried or achieved or not done at all to find the meaning in the craziness. I remember the first month being my brave, together, outgoing, productive self; jumping into activity of webinars, posting, hosting and participating in many an earth, humanity or love meditation, learning a whole bunch of on-line platforms and tools, pivoting with our key client to on-line strategic consulting, checking in on friends, donating to charities and other crazy pursuits such as 21 yoga and core challenges, rugby bootcamps with my guardian rugby champ and getting to know my kitchen a whole lot better. This was really energizing and doable, knowing we had 3 weeks, and then another 2 in lockdown.

In a way it was also good to be in one place for a few weeks at a time – something I hadn't done for the last many months. I had a purpose, goals, deadlines, and people who appreciated my effort and contributions.

And then an indefinite lockdown was announced. No deadline in sight, vague guidelines and even more suspect statistics. And the world was going crazy around us with so much fear, confusion and desperation – no-one having any certainty about the future anymore. And suddenly I grew tired. I woke up later, drank more coffee and wine, ate a whole lot more comfort food and struggled to keep my daily exercise and motivation up. I started noticing how little I was getting back from what I put out. I started noticing how others were doing or having more or less than me. I started doubting my usefulness or my impact. I started to feel isolated from friends and colleagues, and guilty that I wasn't DOING more – for my friends, my team or for those suffering the most, while I stayed in a lovely home with (almost) everything I needed. As much as I have the tools to cultivate happiness, gratitude, divine connection, and trusting life ... I started expecting and needing more communication and appreciation. I started expecting more from myself and from others. Why was I spending hours sitting in the garden, doing puzzles, watching Netflix or catching up on social media when I should be finishing my book, designing workshops or having more supportive conversations with my team? Or I would dive into doing again for a few days to find some reason for being - and end up irritating some people with ideas and options -because I am good at generating those – not being present to the pressure that puts on others to adapt and perform in an upside down world!

So, I backed off, cancelled everything (luckily my client was on holiday) and took a week off to just write and finish my long-overdue book. Have you any idea how hard it is to start a book over a year ago about the meta-capabilities you need for a disruptive future ... and then try and finish it .... when the future you imagined has been turned on its head ... or at least accelerated within months, not years? So now what future are you giving “advice” for? Have you got any credibility to give advice at all – when you are struggling to come to terms with life yourself? Do you write in the past, present or future tense? Do you share your own life experiences? Are all your examples about the reality we find ourselves in now or an assumed future, when Covid is in the past? Do we go back to semi-normal where we go into an office to work? Is most learning in future going to be on-line? How do I and my business add value in this new world? Is what I say in my book going to be relevant?

And then more and more news and opinions on “the new normal” flow in. Travel and workshops and socializing postponed indefinitely. The realization sinks in, this is going to months not days. My old patterns and recipes for success are no longer valid. So, I take time to listen ... to what is going on inside. I force myself to sit ... for days ..without doing. It’s hard. I am pulled, distracted, irritable – just sitting, just being. I start hearing questions from a part of myself I don’t necessarily want to hear. What are those programs and voices that have kept me running from fear toward a false sense of safety or certainty? What is it that truly brings me joy? Not the contrived, rationalized joy we cultivate but the unabated joy that bubbles up from the depths of your soul. Is it the busy, productive, goal-driven person that is looking for external validation? Or is the person who is in tune with their inner voice and moves with natural energy and flows with trust from there? Is who I am and what I have inside ENOUGH – for me, for others? Is what I have in my life and the life we are living ENOUGH for me or is there more? What is my true purpose? How do I find meaning in all of this?

Then the impact of the change hits... followed closely by a deep sadness. Sadness for who I was and the dreams I had .. that are now changing. Sadness for the part of me that needs to be or do or feel or receive more. Sadness for the people around me and across the world – all struggling with their inner demons of guilt, anger, worry and NOT ENOUGHNESS! And a need to shout out, stand up, be heard, make a change – to something that is no longer working – is no longer a recipe for success and happiness. So, I speak up, and I share ... what I’m feeling, how I would like it to be – with a level of honesty that surprises some (and me).

So where to from here? There is so much to be grateful for - and focusing on what we have rather than what is missing is the first major step to joy. It is also important to honor the different parts of ourselves that have developed over the years, to serve, protect and help us grow .. that think, feel and believe a whole bunch of stuff .. not necessarily true, relevant or useful for today’s world. We need to take time to listen, acknowledge, feel ... and then with compassion, recalibrate and reset how to make sense of where we find ourselves today. We need to allow parts of ourselves that don’t feel enough, to be hugged and held, and told in a loving voice, that all will be ok, that you are perfect as you are. We need to encourage the crazy part of ourselves that want to break out and break free – to scream at the world – and find creative ways to express our freedom in other ways. We need to embrace that part of ourselves that can’t find the energy to get up in the morning and put the smile on for the next zoom call or finish that document that people are waiting for. We need to laugh at the carb or cookie monster that has settled in for the lock-down – and love that extra roundness on our hips – until we are energized to do something about it. We need to reach out to people that help us laugh out loud about ourselves and our situation – or at least commiserate with a sense of humour and hope. We need take time to go within to truly listen what we need – now - and then be real with others if we need to change the game plan.

Ultimately, it is about realizing how much of our lives are a bunch of thoughts, feelings, beliefs, expectations, and judgements – operating under the conscious radar – and how much choice we have, if we just are aware of it. It is much easier to live the consciously cultivated life holding onto all the tools of positive thinking, creating your reality, choosing your happiness and trusting your heart (and ignoring the pull to something more and deeper). It is much harder to be exceptionally honest and real with yourself and others, and dig into what is going on inside, and give it the space to be heard and felt, in order to shift it and to heal and to be at peace. It has been a fascinating, rough, scary, empowering, massive learning curve over the last 70+ days. It has been good to stop, to be still, to listen, to receive and to allow. It has been amazing to have the tools of Neurochange, meditation, breathwork, Heartmath and creating your future – and the communities I am connected with here and across the globe. Now it is time to choose – in every moment, in every day – from a place of soul and heart connection – and remembering that we are already whole and are already enough. Who do I want to be? How do I want to show up in the world? How do I want to feel? And focus all my attention and energy toward that.... and finishing my book of course. Hopefully soon - or as my energy flows 😊

As the beautiful quote above says: **“To change the world around you, you must first change the world within you.”**