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LEADING FROM THE EYE OF THE STORM

Abstract

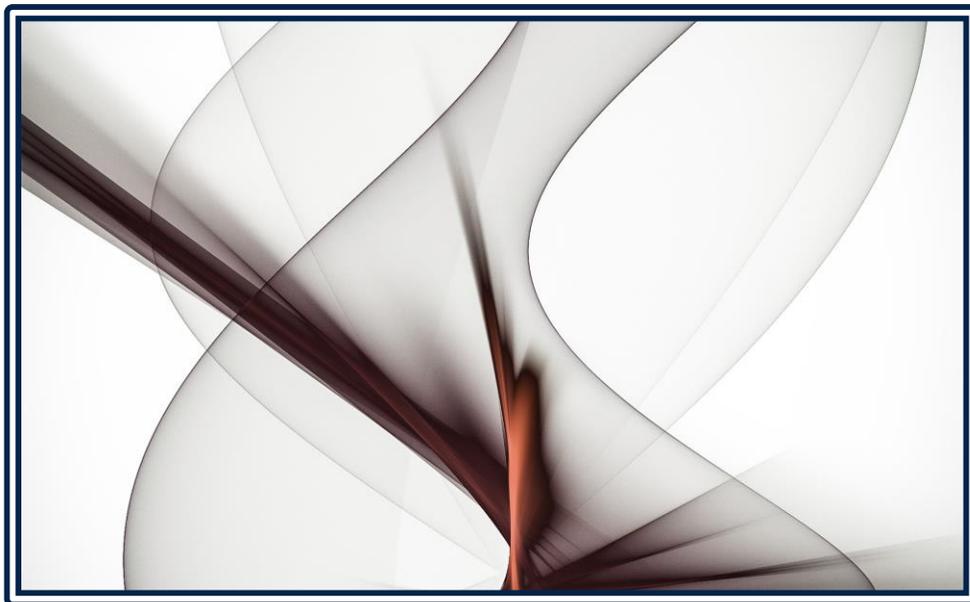
Tips to catapult your current level of mindfulness and presence to the next transformational perspective awaiting your attention. Discover the key to expanding your conscious awareness and conscious leadership skills at home, at work, and in the privacy of mind. The difference you can make rests in your ability to recognize, neutralize, and redirect your own polarization's energy. And to accomplish that, you need to pass on this information to your brain. This approach is based on a combination of NLP (Neuro-Linguistic Programming) and mystic psychology.

Ragini Elizabeth Michaels

rm@RaginiMichaels.com / www.RaginiMichaels.com / 001 425 462 4369

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LIVING CONSCIOUSLY GRANTS THREE AMAZING BENEFITS



Living consciously has become a kind of code these days for certain values: mindfulness, awareness, being present to the here and now. Conscious leadership has expanded on those values to include accountability, courage, becoming the solution rather than being the problem, and many more.

It's fabulous if you've taken up meditation, contemplation, or some kind of practice and made it a part of your daily life. But as you've probably already discovered, there's more to conscious living than taking time each morning and doing your practice of choice.

You've probably recognized by now that the real everyday benefits don't come fast and furious until you take your meditation off your pillow (or chair) out into the world. When your commitment to everyday awareness and presence wanes, which it

will, it's motivating to know that certain benefits are awaiting your arrival with just a little more effort and discipline.

The following briefly describes the 3 awesome benefits that come with committing to the task of taking charge of your conditioned mind and emotional reactions. The gifts of reflection and expanded awareness are bound to come pretty soon. But there are 3 more rather awesome rewards that come with time and embracing a particular transforming perspective. And given what daily life entails these days, you'll be glad you have access to these extra benefits.

BENEFIT #1: LIVING CONSCIOUSLY MEANS A HAPPIER LIFE

Many things can make you happy: feeling good in your body, getting what you want, not getting what you don't want. But when the ordinary things in life become extraordinary, you're free to enjoy the mundane as if it were something special. That means feeling good when you're washing dishes, doing laundry, folding towels, driving to work, walking the dog, washing the car, cutting the grass, drinking a glass of water, performing your morning rituals of getting up and preparing for the day, as well as the evening rituals of getting ready to go to bed and sleep.

A great percentage of daily life is routine, things we do over and over, again and again. You can easily get bored with these routines. That boredom can breed rote behavior,



or doing a task without awareness or presence. You know you can implement a mundane task while your mind is somewhere else completely.

But here's the great thing. The day is filled with these kinds of tasks: driving the car, grocery shopping, changing the sheets on your bed, making coffee or tea, checking your Fitbit to see how far you've run or how many steps you've taken, deciding

what clothes to wear that day, paying the bills, etc. These are the moments of your life. And they are filled with as much richness and joy as the moments you currently find exciting, interesting, and captivating. – that is, when you have access to a unique transforming perspective.

If that's true, then wouldn't you like to be present to receive the riches of these gifts of enjoyment? If so, ask yourself if you're present for them? Is your attention riveted

on the minute actions required to complete the task? Are you aware of your body? Your thoughts? Your emotions? Are they being generated by the task or something else not actually happening in the present moment?

BENEFIT #2: CONSCIOUS LIVING FREES CREATIVITY

People usually relegate creativity to specific careers, like writing books, poetry, or plays, drawing, painting, dancing, acting, playing music, graphic design, etc. Or to specific activities, like scrapbooking, running, tennis, cooking, flipping houses. Creativity does produce external evidence that gives proof to its existence. And there's another kind of creativity that living consciously offers. But it's not external. It's purely internal.

If you really pay attention, what happens is that your mindfulness and presence to the 'here and now' grants you the realization that your thoughts are too many. They fill up



the mental space with no room left for quiet and stillness. And this is not mentioning that they are more often than not negative rather than positive. As this awareness grows, you'll find yourself wanting to think a lot less. And you'll discover that feels as good as your search for purpose and meaning.

This stillness and quiet create room for your inherent life energy to flow in new directions, guided by its thirst for unfamiliar creative expression. You'll find yourself exploring cracks and crevices in the landscape of your normal thinking and perception that had become hardened and stultified. And you'll begin to gather even more insights and clarity about your path to finding and fulfilling your personal purpose. And this will give everything you do a new sheen of meaning, dedication, and devotion.

BENEFIT #3: ACTION IMMERSSED IN EQUANIMITY

One of the objections I often hear for meditating or practicing mindfulness is that it's too passive. Many who do it anyway confess a bit of fear that they'll become apathetic

about the world and won't do their part to make things better. In talking with these folks, it became apparent that the quest for the middle path or being centered was being countered with a fear of this middle way taking away your freedom to take action. In reality, emotional balance and strength grant you greater access to taking action. But the action is rooted in a deeper understanding of the nature of your perceived reality.

In further discussions with these same folks, I found a deep belief beginning to surface. Here it is: *You have to feel angry or be upset or disturbed about something in order to be motivated to take action.* This deep belief is apparently widespread and very strong, albeit an unconscious belief. But here's the thing.



You can actually get better results if the action you perform arises out of a calm, centered, inner space. A lot of people don't want to feel angry or disturbed. They're a bit afraid of those feelings. And that stops them from taking action because they believe that's the only way. But they're not aware of another option. You have the right to remain undisturbed by the happenings in life. But [you also have the right to act from that sense of peace and calm to make things better.](#)

CONSCIOUS LIVING IS A LONG TERM PROJECT

Conscious living and conscious leadership is akin to walking through a labyrinth. You only arrive at the center little by little and step by step, awareness by awareness. I've heard thousands of people (literally) say they can't meditate because they can't stay focused.

In reality, that is a pretty accurate description of the experience of meditation for everyone. And it doesn't go away anytime soon. The fact that you can't stay focused on the present moment is actually the reason you're exploring meditation, reflection, or mindfulness.



Conscious living is about discovering that the current boss of your thoughts, feelings, and actions is actually your mind, and not you.

When you know what you're going after on the inside, not just exploring new behaviors on the outside, you're asked to continually recommit to reaching your goal, day by day, hour by hour. Sounds effort filled? Well, it is. But again, there are awesome benefits that will come your way. And they are definitely worth the effort you'll have put in.

HOW TO MAKE THESE AWESOME BENEFITS YOUR OWN

Consistent practice is the only way to reap the true joys of mindfulness and presence. Without it, they won't have a way to hand you their gifts and their blessings. So when you feel you don't want to make time for your practice (whatever that practice is), stop and think for a moment. How long did it take you to learn how to walk without falling down? To learn arithmetic and algebra? How long to learn how to talk so people could understand what you were trying to communicate? To get your degree, technical expertise, artistic acumen, or craftsmanship? If your goal is to be mindful, present, and aware throughout your day, there is no way around a consistent practice.



You will have to dedicate a part of every day to this repeating cycle – losing your focus, rounding it up again, and guiding it back to the moment. Then you will again lose your focus. And you will again decide to round it up and again guide it back to the moment. Then, do it all over- again and again.

YOU CAN DO IT!

This is mindfulness – *in action*. This is being present – *in action*. This is attending to the here and now – *in action*. You can expand your understanding of what conscious living entails with a deeper understanding and a broader perspective. This will only help you *live* more consciously. And that will make each day of your life better, happier,

and more creative and peaceful. As the world races to more and more polarization, bring yourself back to the here and now. Get clear on what the here and now actually is. Respond with creativity, your action immersed in equanimity. And that produces a happier you engaged in doing what needs to be done.

And when you're ready to embrace this transforming perspective coming to you directly from the way the mystics perceive the world, I'll be happy to guide you on your way. But for now, keep reading and discover what little nuggets of insight are packed inside the notion of a practical wisdom for today's world.

WHAT DOES PRACTICAL WISDOM MEAN?



What does practical wisdom mean in today's world? Does the answer rest in your response to certain questions? Like, are you a practical person? Or, do you consider yourself a wise person? If you answered yes, you'd think you could agree on what practical wisdom is with anyone who answered the same, wouldn't you? But more often than not, that is not the case. The polarization in today's world is so vast and so common, agreeing on what is practical, much less wise, seems impossible.



In the past, practical wisdom referred to taking the right action to reach the target goal. Deeming an action to be "right" usually rested on an assumption of good judgment or discernment about the situation at hand.

So practical wisdom was basically determined by what you value. In a less complex world, a simple morality defined the values. But today's morality seems more complicated. It allows values to range from caring for

those who can't help themselves, to taking care of yourself before all others, and everything in between.

It would seem that today, our understanding of what practical wisdom means and how to find it, has something missing. Opposing camps claim different avenues to what appear to be conflicting goals. Yet each camp holds on to the definition of their perspective as the way to practical wisdom and the best solution to the problem. Could both be right? Or is one “right way” all there can be?

HOW CAN THERE BE TWO RIGHT WAYS?

Here's something to consider. In 2016, the [Moral Foundations Theory](#) was created. This offers six values believed to be common for all human beings. The assumption here is that all humans are endowed with these six values. However, there are



multiple ways to organize these values and to have them interact. This theory stated that the way a human being orders these values in importance will create the face of their morality. And that becomes the basis for their choices and decisions about what is right and wrong.

Here are the prime values the theory espouses: Care, Fairness, Liberty, Loyalty, Authority, and Sanctity.

What follows is an exercise to test out the value of this perspective for yourself:

- Put these six values in the order you deem them to be important for a few specific situations, like immigration, marriage, the federal government, climate change, wealth, dieting, parenting, etc.
- Number the importance of each value for each situation.
- Rate them with the most important value being number one to the least important being number six. If all six don't apply, then don't put them in the list for that situation or circumstance.

I'm fairly certain you moved the values around in several of the situations you chose, if not all of them. If you didn't, it just means you've decided some values are more important to uphold even when they conflict with the values in another situation or

circumstance. If you approach practical wisdom in this way, it may offer some insight into how others can believe things so diametrically opposite to what you believe. So your confusion around this may have a bit of a respite.

But what to do with these differences when they are so emotionally-laden?

THE WAR BETWEEN OPPOSING VALUES

Despite how much we understand human values and their influence on our sense of morality, we still keep missing one or two very salient points. I'm sure it's obvious to you that everything has an upside and a downside. You know that eventually, the upside will turn into its downside. There is just no certainty when that movement will happen. But you do know that life moves from youth to old age. Roses bloom and then wilt. Each season has its easy days and its tough days.



There is an inherent rhythm in the flow of life from one thing to the next. After a while, it's pretty obvious that a repeating pattern is occurring. But there is something that keeps getting missed when it comes to discerning the rhythm of cooperation between competing values.

Each seemingly opposing set of values carries a part of the solution to the problem. Each has some part of the much sought after "truth" about the best way to handle the problem. How come we keep missing that?

WHEN BELIEFS GRADUATE TO TRUTH

Being blind to this rhythm of cooperation between competing values is even more predominant today as beliefs seem to have been graduated to the status of truth – one of the most dangerous things that can occur. Why? Because every value has *both* strengths *and* weaknesses. Neither one is complete without its balancing opposite. If you claim a particular value as yours, the tendency is to only see its strengths. If you reject the opposing value, you will usually only see its weaknesses.

The solutions, or truths, being sought today can only rest in embracing the notion that seemingly opposing values are both valid and incomplete on their own.

Together, however, they provide the sought after “right action”. Together, they offer clarity about how to respond and behave. In addition, when opposing values are perceived as complementary, conflict is defused.



We keep missing this point over and over. So how can two completely opposite values complement each other? Here’s the answer:

The weakness of each value is balanced out by the strengths of the opposing value.

We keep missing this very important point because the friction between the two opposing viewpoints or values feels very unpleasant. And we humans don’t like unpleasant. So we avoid it or try to get rid of it. But that friction is actually not a bad thing. It’s not an antagonistic tension despite how it feels in your body. If you examine it closely, you’ll see that it is a creative dynamic tension. Yes, there’s an element of competition. But the co-existing element of cooperation smoothes it out. We seem to have lost access to this dynamic act of balancing. And this loss may be more cataclysmic than imagined possible.

THE GUIDANCE OF THE CANARY IN THE COAL MINE

I was listening to a podcast the other day on [Conscious Evolution](#) by a fellow named Robert Cobbold. It was an interesting and well-produced podcast series. One of the things that struck me was his discussion on Darwin’s Theory of Evolution. According to Mr. Cobbold, the phrase “survival of the fittest” was mentioned very few times by Darwin. But love was mentioned over 20 times. He then went on to discuss how cooperation was actually the most crucial element for the survival of a species. This element seems to be sadly lacking in today’s world.

In 1986, the use of canaries to detect toxic gas (carbon monoxide) before it hurt the miners came to an end. The canary’s value was replaced by the introduction of an ‘[electronic nose](#)’. I mention this only because the canary acted as a safeguard against the buildup of what was toxic to the miners.

Why bring this up? Well, following the guidance of competition and the drive to win at all costs has now risen to toxic levels. We need a canary to let us know we’re in serious danger.

WHAT IS OUR CANARY TODAY?

Today's canary is the weakness of each opposing value. If you pay attention, the weaknesses are trying to protect you from ignoring *the need to balance and regulate the war between competition and cooperation*. Balance is always is the key.



If you can remember nothing else, using balance as your guideline will be immensely helpful. In the presence of disagreement, balance will always steer you toward cooperation in order to find a position of agreement.

So what am I suggesting? I'm proposing that becoming conscious of the nature of our own conflict with other people's opposing values can *help us begin to move away from setting one value up as better and more "right" than its opposite*.

Our goal is to solve the problem. When you perceive opposing values as complementary, you can more easily cooperate. Then you're free to find solutions that draw on the strengths of both competing values while letting their weaknesses take on the job of the canary in the coal mine.

A WAY TO GAUGE YOUR OWN PRACTICAL WISDOM

Want to be daring and test this out? Explore what happens to your own sense of practical wisdom when you pick an area where you feel disturbed by what's happening. It could be politics, racial or economic inequality, the appointment of the next Supreme Court justice or magistrate, problems at home, or the pandemic. It doesn't matter what it is. Just something that upsets you and gets you all fired up about doing things the "right way".

Write down your own point of view or value. Then write down the opposite point of view or value you feel is not right. Then take a moment and pretend you're the canary in the coal mine. Identify the weaknesses of your own point of view. Then see if you can identify the strengths of the opposing point of view you're against.

By just doing this simple inquiry, you open the door to safeguarding the emergence of cooperation and balance.

Navigating conflict is one thing. Navigating extreme polarization is another. Without understanding both the strengths and weakness of each opposing point of view, defusing polarization simply can't happen. Keep on reading and let's explore a bit more about the strengths and weaknesses of what I'm going to call attitude polarization.



THE STRENGTH & WEAKNESS OF ATTITUDE POLARIZATION



Let me first define what I mean by attitude polarization. This is when **your perception** of things (what shapes your attitude) **silently slips away from being opinion and sets up housekeeping as truth**. It's almost impossible to recognize this phenomenon, much less get out from under it. But one effective way is to get savvy to the nature of opposites and their arrival in polar pairs.

All of our opinions and ideas are formed within the construct of opposites. And at no time in recent history has this splitting of opinion into polar opposites been so evident.

While most of us realize the downside of this, **there is also an upside**. However ... it requires an open mind, mindfulness, and presence to the situation in order to uncover this upside.

POLARIZATION IS A NATURAL RESPONSE TO POLARIZATION

It's important to realize that you cannot *not* polarize. When you're **in the presence of someone in the grips of attitude polarization, your own polarization happens naturally**. Again, polarization is expressing a viewpoint far away from the middle point of view. It acts as if it alone were the correct perception of the situation in question. But why is there such hullabaloo about the middle point?



Well, this is where polar opposites can rest in harmony with each other. *In the middle, antagonistic tension between the polar opposites is transformed into dynamic creative tension*. You can't get rid of tension. (An important point to remember.) But you can understand it differently. It's only *when you recognize and manage your own attitude polarization* that this different perspective becomes available.

As I indicated in the previous section, polarization is one of nature's strategies for restoring balance. And as soon as an attitude or perception takes up residence on a dead-end street, a perception that opposes it will naturally emerge. This is simply nature's way of following its prime directive – homeostasis. *Balance at all costs*.

Another edict from nature seems to be that all living things be endowed with two capacities: the ability to move towards growth and to move away from things that threaten its survival. Culture and civilizations tend to forget these two very important guidelines for how life is designed to function. When forgotten, problems swiftly arise. When remembered, solutions are free to emerge.

THE WEAKNESS OF ATTITUDE POLARIZATION

You are probably very aware of the negatives surrounding attitude polarization. When your perception of anything swings out to the edge, you can feel your emotional body getting revved up. That happens even when you're just a few degrees away from the middle.

Polarization generates emotional turmoil.
Emotional turmoil generates **distorted perceptions** and misunderstandings. Distorted



perceptions and [misunderstandings](#) generate intense [disagreements](#) or arguments that lead to fights. And of course, these kinds of [fights become the foundation for generating wars](#) and the ultimate [extreme reaction to polarization – genocide](#).

Knowing all of this makes it *seem natural to fight polarization*, to try and eradicate it and bring everyone back to the middle. A lofty and worthwhile goal. But if you *go about it in the wrong way, it will not work*. Here's why.

Eradicating polarization isn't possible without managing your own polarization first.

WHY IT'S NOT REASONABLE TO CHALLENGE ANOTHER'S BELIEFS

First, of all, if you challenge someone's beliefs (even if you do it nicely), you are inadvertently activating the amygdala or primitive part of their brain. This is part of



what's called the reptilian brain. It's located at the base of your skull just above the neck. This puts out the signal to either flee, fight, or freeze. These are not states of mind conducive to friendly discussion or meaningful dialogue.

Well, here's the thing. Let's say your goal is to change other people's minds. But you're [unaware that your own mind has already moved to a polarized position](#). When this is the case, the above is what will surely happen.

But ... you can become astutely aware of your own natural, spontaneous, and unavoidable attitude polarization. [That's when you can then leverage your mindfulness](#), presence, and commitment to living out of the 'now'. That means you can [not only bring yourself back to the center point](#). You can also [be conscious that the center point always rests between the two extremes](#).

That means you've reclaimed your understanding that there are only viewpoints here and no single one perspective that has the whole truth. The way to handle the differences rests in accessing the strengths and the weaknesses of both viewpoints.

THE STRENGTHS OF ATTITUDE POLARIZATION

It's *easy to see the strengths of your own viewpoint*. But usually much harder to own, or even acknowledge your viewpoint also has a few weaknesses.

Likewise, it's easy to see the weaknesses of the viewpoint you don't like. But much *harder to identify and honor that the opposing viewpoint also has some strengths*. You want to be able to pinpoint the weakness of your own viewpoint and the strength of the opposite viewpoint. Why? This is *the beginning of how to manage and neutralize your attitude polarization*.



When you become conscious of your polarization, you are free to then redirect the energy it holds within it. Recognition is powerful.

You can start the process of defusing the emotional turmoil the polarization has created by the simple recognition that you are polarized.

HERE'S AN EXERCISE FOR YOU

Let's use one of today's current issues, usually emotionally charged, as an example for you to explore.

One side of the American populace wants Trump to win the upcoming election. The other side wants Biden to win. Take a moment and try to assess the strengths and weaknesses of both perspectives.

Now you may not be able to do this easily. You may need to *take a few moments to rise above the emotional turmoil associated with your own polarized perspective*. Do this and you can *then move more toward the middle* point. If you can't, you are captive to the power of your own attitude polarization. And that means you're subject to the resulting phenomenon, aptly named '*polarity blindness*'.

But once you can get to the middle, you'll be able to *better perceive and assess the weaknesses of your own viewpoint*. And then *assess the strengths of the opposing viewpoint*.

I know it's hard to do in the beginning. And I guarantee you *both the strengths and the weaknesses are sitting right there*. But you won't be able to see them unless you come back to the middle first. And that's where your dedication to mindfulness, presence, conscious leadership and conscious living enter the scene.



Your allegiance to building these qualities and capabilities frees you to return to the center or middle point more easily. Then you have increased your freedom to perceive the situation from a more balanced place.

The difference you can make rests in your ability to recognize, neutralize, and redirect your own polarization's energy. And to accomplish that, you need to pass on this information to your brain.

FREEING YOURSELF FROM THE POLARIZATION NATURE DEMANDS

It's a challenging, often frightening, and amazing time. So many polarizing issues are on the table. And all offer rich soil for polarization to take root. So it's more important than ever for you to *know how to recognize, neutralize, and re-direct your own polarized viewpoints* has never been more obvious.



You have the power to release the handcuffs of narrow vision. You can break the chains of attitude polarization.

Where do you find yourself divided on hot issues? Self-isolation and masks due to the pandemic, public health concerns, racial inequality, economic challenges, or politics? Regardless of the arena, now is the time to *step up and embrace your own attitude polarization*. You have what you need to do it. The challenge awaits your acceptance

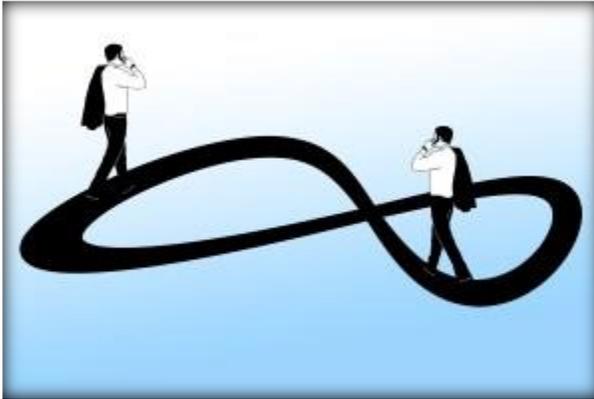
3 ESSENTIAL PIECES OF PRACTICAL WISDOM FOR LEADING IN TODAY'S WORLD



What are the 3 essential pieces of practical wisdom for leaders? Before I answer that question, let me say that today, everyone is potentially a leader. Don't count yourself out if you haven't claimed this title.

And it doesn't matter if you don't work in a corporate environment where the notion of leadership thrives. If you're exploring mindfulness, meditation, contemplation, or how to live in the "here and now", you are also a leader. Understand you are the scout riding out before all the others into unknown territory to see what lies ahead.

So to answer my question. The breadth and scope of leadership wisdom must expand to encompass the changes that have come with time. Today a broader perspective is required.



A view that embraces the paradoxical challenges of our time and the unresolvable dilemmas they create.

Today's practical wisdom for leaders must be broader and more inclusive. What was defined for you in the past is no longer enough. If you are a conscious leader (and a student of conscious living is naturally a leader), you will want to belly up to the bar

and drink of this sweet nectar of clarity and direction.

You don't need to throw out the pearls of wisdom from the past. But you do need to build upon them. A requirement? Expanded awareness. You need strategies that may seem unconventional. And at first, they may seem a bit 'woo woo' for your taste. But like cream rising to the top of milk, wisdom only arises in the presence of depth. That's what frees it to offer up its rich perspectives.

*"The measure of your enlightenment is the degree to which you are comfortable with paradox, contradiction, and ambiguity."
Deepak Chopra*

IS WISDOM DIFFERENT FROM BEING INTELLIGENT & SMART?

In March 2013, [Training Journal.com](http://TrainingJournal.com) featured an article by Mike Clayton. This article denoted the difference between a smart leader and a wise one.

"...Smart leaders know how things work and how to get things done with the resources at their disposal... (Wise leaders) requires the experience to understand the real world in all of its breadth and complexities – rather than the narrower context in which you grew smart...."

Being unafraid to face the complexity, ambiguity, and uncertainty of our real world is the earmark of today's leader. That means understanding how to live *with* paradox, and understanding its role in everyday life. Why it's there. How it works. And what materials it uses to fulfill its role.

ESSENTIAL #1 – EMBRACING THE PERVASIVENESS OF DILEMMAS

In May 2011, *Harvard Business Review* published [The Big Idea – The Wise Leader](#), listing 6 abilities required. The authors, Nonaka and Takeuchi, stated their goal was “...to identify how leaders can systematically make decisions that will allow companies to live in harmony with society rather than clash with it...”



One of the 6 abilities was to “...grasp the essence of things and intuitively fathom the nature and meaning of people, things, and events...”

To be in harmony with society means understanding how society, and the individuals within it, function. And where is the richest fodder for this wisdom? In discovering the most fundamental nature of what makes your world go around, and then around again.

And that is the pervasive presence of dilemmas. Which is backed by the neurological wiring that causes the stultifying commitment to either/or decision-making.

ESSENTIAL #2 – REALIZING THE EVERYDAY IMPACT OF DUALITY

Duality is an annoying aspect of our reality. It requires all things to be based on the presence of a tension held in place by polar pairs. You can deny this, rail against it to your heart’s content, call it stupid or ridiculous, or just a crazy new age belief. But none of that changes its presence. Nor does it change its reach or its impact on your daily life.

Giving this notion lip service, or even just recognizing it as a concept offering a bit of truth, is not enough. Recognition is the first step. But honest [realization means an act of becoming fully aware of something as a fact](#). This happens when the clarity and solutions being sought arise from another domain or dimension.

ESSENTIAL #3 – LEARNING HOW TO MANAGE PARADOX

How do you most efficiently deal with the emotional turmoil dilemmas and duality create in daily life? How do you get the brain to cooperate with your desire?

These essential elements are demanding their place in modern-day practical wisdom. And they offer the requisite beauty of a decision-making strategy that is well defined and easy to apply.



.Not just Plan A, nor just Plan B. The best approach is Plan C.

It shows you how to embrace the best of both A and B. And it shows you how to utilize the weaknesses of both A and B in the most effective and efficient fashion.

WHAT YOU CAN DO TO MANAGE YOUR OWN POLARIZATION?

Our way of life has been turned upside down by the global pandemic, domestic and international politics, and extreme polarization - The Three Powerful P's of 2020.

If you're a student of mindfulness and expanding conscious awareness, you may be aware of your own inner emotional pull to polarize. It's easy to see when you're in the presence of viewpoints that are at odds with your own. In this case, you might have some success at controlling it or at least, managing how you express it. But how about those times when you "lose it" and go a bit ballistic yourself?



Human beings usually have a lot of trouble managing their own polarization, including monitoring their external and internal expressions of negativity.

But in today's world, the urge to embrace polarization seems to be running rampant. In fact, it's never been easier to slide into ignoring your own polarized position and simply keep your focus on the "other" whose viewpoint is definitely not your own. This is easy but not necessarily demonstrating the power of your developing mindfulness and desire to be present to the here and now.

What follows is a way to check out your current position on various situations going on in the world right now. Answer as honestly as you can. You're the only one who's going to see this, so be as emotionally honest with yourself as you can be.

CHECK YOURSELF OUT BY ANSWERING THESE FEW QUESTIONS

Pandemic

Q. What happens for you when you're in the presence of people who don't follow what you assume to be the right approach to living in a pandemic?



- Get emotionally upset?
- Stay emotionally balanced and calm?
- Fall into confusion and disbelief about how they could hold that viewpoint and why?
- Accept their viewpoint as different from yours but equally valid and incomplete, even though you completely disagree?

Politics



Q. What do you think and feel and say about the folks on the other side of the political spectrum?

- Get emotionally upset?
- Stay emotionally balanced and calm?
- Fall into confusion and disbelief that they could have that viewpoint?
- Accept their viewpoint as different from yours but equally valid and incomplete, even though you completely disagree?

Economic Disparities

Q. What do you think and feel and say about people who don't subscribe to your viewpoint on economic inequality?

- Get emotionally upset?
- Stay emotionally balanced and calm?
- Fall into confusion and disbelief about they could have that viewpoint?
- Accept their viewpoint as different from yours but equally valid and incomplete, even though you completely disagree?



Racial Inequality



Q. What about those who's viewpoint differs on racial inequality?

- Get emotionally upset?
- Stay emotionally balanced and calm?
- Fall into confusion and disbelief about how they could possibly have that viewpoint?
- Accept their viewpoint as different from yours but no less valid or incomplete, even though you completely disagree?

Economics, race, politics, and health are no longer notions that bring us together. Instead, they are clearly growing a divide between us that seems bigger and more obvious each day. I'm sad to say that unless you can manage our own perceptions, thoughts, and emotions, you will be adding to this division.

Why? The way you perceive the world is how you give it meaning. And that meaning is then the world in which you are destined to live.

WHAT CAN YOU DO?

So what to do? Did you discover that you are actually reacting but believing you're responding?

Are you tied to the notion that reactivity, anger, and volatility are what make change happen? Is being disturbed by what's unfolding the only motivation or avenue to taking meaningful action?

Do you believe it's possible to take action when you're coming from a space of calm, centered, presence? In a calm space, you can probably agree with the notion that we are all part of nature. And you might accept the idea that nature demands balance – no matter what.



If those notions are true, then in the presence of a viewpoint that is the polar opposite of your own, you will, unfortunately, *not* stay in the middle, centered, present, and mindful of your churning emotions. Is that a surprise? Here's the deal. Nature won't let you remain in the middle.

No. You will naturally, spontaneously, and automatically find yourself positioned in a polarized perspective as well. That means your viewpoint will *naturally* rush out to the edges of its own extreme. And that means you're then into the area of “*My view is right and yours is wrong*”.

YOU'RE DOING IT WRONG!!!



What's important to know is that this event plays out through the power of your *unconscious* mind, outside your conscious awareness.

Without conscious, in-the-moment awareness of this, you are at the mercy of this unconscious reactivity. And the power

of this reactivity will force you to throw caution to the wind. And in the blink of an eye, you'll find yourself throwing more wood on the polarization fire.

TAKE ACTION TODAY

You cannot make the world a better place, or you the kind of person you wish to be when taking action, without understanding exactly what's going on in your own unconscious process.

As challenging, frightening, and frustrating as our current world seems, it is also the perfect set of circumstances to catapult your conscious awareness, mindfulness, and presence to a new level of clarity & impact.

I hope this little e-book has impacted you in some positive and helpful way. For more information, feel free to visit my website.

Much love to you,

Ragini