

When Life Gets Messy and Won't Behave: The Positive Use of Ambiguity, Uncertainty, and Disorder

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On a scale of 1-10: How addicted are you to certainty? How many strokes from others do you receive by solving problems? How uncomfortable are you when you can't know something immediately? How upset do you get when you don't know the outcome? On the other hand, how addicted are you to clutter and disorder? In what area(s) of your home and life do you find the most distraction? How much do you avoid final answers? To open intuition and receive the highest source of guidance, we must be able to move through life with a loose grip, to be aware of new input the moment it occurs and respond seamlessly from a whole-body perspective. We must also be able to wait as situations ripen, watching carefully for the entire Polaroid to lift up off the background into crystal clarity, not defining the picture too early—"It's a dog! No, wait—it's a boy! No, it's a dog on a boy's lap riding on a tricycle! No, it's a dog on a boy's lap riding on a tricycle in Paris next to the Louvre!"

I just returned from a near-monthlong driving trip to Colorado and New Mexico. On the way east I experienced an unexpected blizzard in early June at Vail Pass, blowing snow sideways across the freeway, closing I-70—and me in my thin crossing-the-Nevada-and-Utah-desert clothes! Then, as I dropped down into Denver, my clutch went out, also unexpectedly at only 22,000 miles, and had to be replaced. Clutchless in Colorado, I contemplated the meaning of being unprepared for a summer blizzard amidst the drought and fire-ridden Rockies, and "not being able to engage." Despite my anxiety about being ripped off by having major work done on my car in a city 1200 miles from home and not having time to get a second opinion, I made myself remember that "I am in the flow" and "Life is taking care of me—even though I can't see how right now." I let go at that point and decided the trip could go whichever way it wanted and I'd benefit, no matter what. It was then, as I was able to re-engage my gears consciously, that my "flow" accelerated; I moved into a 2-week phase of having synchro mesh activities and appointments on "Indian time" in Santa Fe. My datebook is a scrawl of crossed out appointments, new appointments with directions to various places, arrows pointing to new times, and phone numbers without names. And yet, it all worked.

Those weeks were chaotic when looked at with my mind's usual penchant for neatness, and magical when seen through the eyes of trust. I had serendipitous path-crossings at bakeries with various people I needed to meet, received data I needed from unlikely sources, and allowed myself to be shaped into the forms needed by those I engaged with. A visit to the flea market found me standing next to a country western superstar; a talk I was to give turned into a different talk at the last minute, visiting an interesting house allowed me to meet a golden eagle, and events gathered like nonverbal messages to reveal a new direction. I'm convinced that letting the "messiness" happen allowed a more creative interconnection

between events and omens. Odd things were given permission to appear that I might not have normally seen.

A friend just wrote to me, speaking of his interest in the power of uncertainty and ambiguity, and how he feels the people who are always seeking locked down answers to their problems are really a big part of the problem. This got me thinking, and I wrote him back, "Ambiguity and uncertainty are a big part of intuitive openness—though I feel there's a fine line between honoring this kind of 'disorder' and also loving natural order and beauty. Maybe it's just two different segments of the creative process. . . I think sometimes we have a need to solve problems too soon, and don't pay attention long enough for enough variables to reveal themselves. Also, there are ego strokes for problem-solving. And I think for the 'male' part of our consciousness, there is some odd, perhaps distorted sense of self-knowledge that comes from problem-solving and 'handling' things. Maybe when we think about solving problems we're not trusting the natural process of life manifesting itself. . . Or maybe we're just so excited, we want to get to be God, too!"

There is a part of the creation cycle, near the end when form has manifested, where boredom sets in as the most efficient way to disengage from the old creative flow. As our attention drifts, opens, and includes, and inhabits the old form less and less, the results you've just finished manifesting begin to dissolve like a dream in the morning. Life seems to enter a time of chaos where there is no one direction, but either many or none, depending on the day. We don't like this part of the cycle much, as it feels like we think death feels. How different from the beginning of a new creative cycle, when intent, motive, and one direction appear clearly, passionately! In the early part of creation, we can see and have order in the finite world. At the end of a cycle, however, we must expand our notion of order to include much more complexity and abstraction, which at first seems like chaos. When uncertainty is appropriate, something bigger is seeding itself into your awareness, and it's often SO big, it takes time to download completely. Then you must simply stay open and receptive. When certainty is appropriate, rest assured that an idea has taken hold of YOU, not the other way around, and IT is providing the motive force, the energy, and the vision so you can help it become real.

So let us be aware of some subtleties: the difference between the healthy dissolution and resulting creative disorder that comes when a form has outworn its usefulness vs. the chronic disorder and clutter we often put up with in our minds, homes, and offices because it prevents us from feeling some fictitious emptiness or worthlessness, and thus blocks us from seeing our next true move. And how about the difference between taking an authentic new action vs. the hyperactivity we often use to avoid the void and the experience of Self? If you are irritated or depressed, you may be avoiding boredom. By facing and entering boredom, you will discover uncertainty. And by facing and entering uncertainty, you will discover what's possible. You will also find Presence sitting quietly at the bottom of uncertainty, happily BEING with all possibility. Join it. Sit there with it for an undetermined amount of time. Soon the magic will occur, as the undying spirit of Who you are rises again, without reason, on a wave of a possibility. While you wait, appreciate and simply beam out. Let yourself be educated and filled. When it's time to act, the body will act almost without the mind's permission. Then, problem-solving will come from a simple desire to create and experience beauty, rather than a fear of chaos.