

## WHY CONFUSION CAN BE GOOD FOR YOU

What if *confusion* is just a time-out for an *infusion* of new ideas, new life, and new possibilities waiting for your attention?

What if it isn't the problem at all, but rather a tipping point – an opportunity to make fresh observations and a different choice?

Confusion often gets a bad reputation because we are so impatient and so insistent that we must always have perfect clarity. Yet what we call confusion and think of as problematic is probably, more often than not, just the “stirring up” of our deeper longings and our intuition.

Think about “confusion” from this perspective for a moment: Every single instant of time the Life Force within us is stirring. It is always active and inviting us forward into a glorious expansion of some kind.

Something inside us always knows when there is a better way to live our lives or a better opportunity coming our way. That *something* - that inner wisdom, intuition, spiritual guidance, Higher Self, Voice of Spirit, or whatever we want to call it – is like a magnet pulling us out of our inertia, or out of the powerful hold of apathy, boredom, anxiety or depression.

Think how differently you would feel about yourself if you were to welcome all confusion instead of resisting it or trying to “solve” it.

What if after all your worry there is really nothing to solve anyway? What if there’s only the call of Life itself within you, a call to hear and see and feel and allow?

One of the best things that can happen to any of us is to have a trusted friend or a professional coach, teacher, or mentor who gives us the dedicated time and attention in which to explore any place of confusion in our lives. This person should have no agenda other than to listen deeply and reflect honestly back to us what they hear us say.

It is often in this simple act of reporting our thoughts to another person where we are safe enough to see ourselves and our situations with a clearer mind and a more open heart.

*“Scientists have been building a body of evidence over the past few years demonstrating that confusion can lead us to learn more efficiently, more deeply, more lastingly – as long as it’s properly managed.”*

~ Annie Murphy Paul ~

The above quote suggests that if we spent a little more time curiously exploring a state of confusion instead of demanding immediate answers of ourselves, we would be less likely to take actions that we might later regret.

It's also good to remember too that clarity doesn't have to come all at once. It often comes to us in stages as we peel away one layer of uncertainty after another. It grows as we learn to simply choose it above anything else that might be in its way.

A little more thought can actually lead to a lot more happiness. So next time you feel confused, welcome the infusion of new ideas or a new perspective and see what happens.

#### **HINT**

My favorite confusion buster is the statement, ***"I choose to see what is best for me."*** I speak it with sincerity and an open heart. Then I get out of my way and simply allow thoughts to flow freely through my mind. Inevitably my answer comes.