

Here are writings on Befriending Uncertainty that I have collected over the years. Most of these I did not write and just pasted them into a word document from the internet. For some I have the author listed below, for others I did not capture who the author is, but you can likely do a word search with Google and find the author if interested. Enjoy...

The agony we feel is not because of the fact of brevity and uncertainty; it is because we fight relaxing into that truth. Something in us feels deeply sane when we stop fighting with the truth. When we cease the fruitless effort to pretend something is otherwise. Enormous energy is freed up. Energy and love and creativity are able at last to flower. -Jan Frazier

INDECISION

Friend, please,
Do not try to decide now.
Do not shut any possibility out of your heart.
Honour this place of not-knowing.
Bow before this bubbling mess of creativity.

Slow down. Breathe.
Sink into wonderment.
Befriend the very place where you stand.
Any decision will make itself, in time.
Any choice will happen when your defences are down.
Answers will appear only when they are ready.
When the questions have been fully honoured, and loved.

Do not label this place 'indecision'.
It is more alive than that.
It is a place where possibilities grow.
It is a place where uncertainty is sacred.

There is courage in staying close.
There is strength in not knowing.

Friend, please know,
There is simply no choice now.

Except to breathe, and breathe again,
And trust this Intelligence, beyond mind.

- Jeff Foster

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Uncertainty is not negative or wrong - it is the way. The mind cannot know the future - it can only guess, imagine, dream. Everything that seems so solid is cast into doubt without warning. We don't even know if we'll wake up tomorrow morning! Loved ones will die. Success can turn to failure overnight. Relationships suddenly change shape. Absolutes relativize themselves absolutely without warning. The familiar structures of our lives, the things we take for granted, the imagined tomorrows, the plans and hopes we cling to, are really so fragile, and trauma lurks just under the surface of things in this contingent universe. The tendency, especially in the West, is to turn away from this uncertainty, to distract, numb and pacify ourselves, to call half of life 'negative' or 'dark' and run away as fast as we can. Work harder! Buy more! Drugs, alcohol, internet, sex, even spirituality are used to pacify our anxious and divided minds. But at the core of uncertainty lies a powerful spiritual teaching: a universal teaching of letting go, of coming out of the 'story' of your life and turning to face a sacred moment, of discovering what is always present, here and now, beyond certainty, beyond doubt. Your unchanging presence, the presence of God, the familiar taste of life itself, the intimate Certainty you have always sought in the 'world', always here, shining brightly, as everything in your life changes, as it must. The calm in the midst of the chaos.

We seek some kind of permanence, something to hold onto – a person, a philosophy, a feeling, a state, a story, even a spiritual identity. But the fleeting nature of experience ensures that evening we grasp eventually slips through our fingers, including our attempts to stop grasping. Until we recognize that impermanence is actually a dear friend, and fragility gives life its beauty and this seemingly ordinary day with its waking its washing its breathing its joys and its pains is the dear friend we have always longed for.

UNDEFINED

Leave everything undefined,
including yourself.

Befriend uncertainty.
Fall in love with mystery.

Kneel at the altar
of Not Knowing.

Give your questions
time to breathe.

And the answers
will find you.

- Jeff Foster

Uncertainty is called the unknown. It is from that space that the deepest knowing arises. The deepest knowing is not the knowing of an idea or belief. It is a kind of capacity. Bring this dormant capacity to your life.

There is a kind of stability in you that can be with uncertainty. Something deeper that notices it. This is the avenue through which the deeper parts of us, the deeper knowing, the things that we really deeply value can bubble up into our awareness. We can move through that avenue where a kind of closed mindedness and closed heartedness used to be and take up all the space. The

certainty of mind that led to a closedness of heart. Then the avenue to which living from our deeper knowing is closed to us.

Relax into each development as it occurs. Relax into each moment without fighting it. It is only when you try and force life to be a certain way, there is unnecessary pain. Rather attune to your deeper intelligence and where life is taking you whether your mind agrees with it or not.

Something in us feels deeply sane when we stop fighting with the truth. When we cease the fruitless effort to pretend something is otherwise. Enormous energy is freed up. Energy and love and creativity are able at last to flower.

What are we left with when we grow at last truly comfortable with brevity, when it becomes established in the bones that *this* is all there is, or ever will be? A profound savoring of the present moment becomes the norm. Because that's all there is to life: now. Attention is heightened. We stop living in our heads, where time seems to be real. The wasting of life unwinds, along with the squandering of attention and other precious resources on things we once valued because they looked like means to some important end.

“It is so beautiful, just to sit in this open space together, where nothing needs to be resolved or solved; where we don't need to fix ourselves or be fixed; where our questions don't need to be answered; where, finally, our questions are allowed to just be questions; where our uncertainty doesn't need to be transformed into certainty; where our doubts are finally given permission to just be doubts. Here, in this warm embrace that we are, in this place of true meditation without a meditator, without a goal, without a controller, we don't need to find the answers, we don't need to come to any mental conclusions about life, we don't need to work everything out, because finally, finally, our wondering and our wandering, our trying-to-work-it-all-out and trying-to-make-it-all-work, our seeking and searching and our desperation to find answers — it is *all* just allowed to be here, exactly as it is.

And so, the invitation, as always, is to sit in this very precious place of *not-having-figured-it-all-out*-yet. We just rest in that. We rest in this mystery that is life itself. We rest in wonder, not knowing, not knowing what to do, or how to change things, or what is yet to come. And we start to wonder what “having figured it all out” would even mean, if that were even possible.

What you are – in this moment – does *not* need this moment to change or resolve itself, does it? It does not require uncertainty to change into certainty; for what you are is already holding uncertainty. Even uncertainty is embraced in the room of you. All thoughts, sensations and feelings appearing right now are already being held and embraced in the vast, open, spacious, unbounded, unlimited room that you are. Nothing in the room of this moment needs to be ‘worked out’. Nothing needs to be fixed. Nothing needs to be purified or ‘worked through’. This moment is already holding itself up, perfectly.” – Jeff Foster

There is a vast intelligence at work in our lives, an intelligence that breathes us at night, beats our heart, and heals our wounds. He asks us to consider what might happen if we stop clinging to old dreams, mourn their loss, and face the raw, broken-open reality of things as they are?