



Chaos: A Cosmic Closet Cleaning

You need chaos in your soul to give birth to a dancing star.

-Friedrich Nietzsche

Where God closes a door, somewhere He opens a window.

-Maria von Trappe from the Sound of Music (and one of my favorite quotes of all time)

I refer to chaos to this as a “cosmic closet cleaning” in part this helps you to understand the real meaning behind chaos in our lives, and perhaps help you to handle it differently by shifting your perception.

We all are having a roller coaster ride it seems...even “Mother Earth” seems to be in a whirl with all that is going on. So many relationships seem to be having conflicts, not just partners, but friends, siblings, parent/child...I received just three e-mails this morning regarding “Catherine! what is going on?”

First, take a breath and get out of the very energy that created the situation, because you cannot solve a problem in the same energy that created it.

Your current upheaval which is seen in its present form of chaos, is change...

These changes were brought on by request, which then pushed a reset button.

What is chaos? It is defined as “a condition or place of great disorder or confusion”. OK, did I hit on something here? Spontaneity is what I call “predicted chaos” and this is an attitude, a way of life, perhaps even a right of passage. We all probably know one soul or another that appears to be in constant chaos, but still happy with the

Thursday's Kick! Chaos: A Cosmic Closet Cleaning commotion. That is because their chaos is for excitement and adventure. It is choosing to be joyful and accept life and all its beautiful twists and turns. This type of spontaneous chaos is an "oh well" moment on the way to an "ah ha" moment.

The other type of chaos is that unpredicted AND unpredictable mess that occurs when you were expecting opportunity and forward motion. It is being blindsided with something other than expected. This chaos can often lead to what I call the "Lt. Dan Meltdown." Which describes the scene in Forest Gump when Lt. Dan is on the mast of the shrimp boat screaming at God with everything he can muster. We all have those moments; mine as recent as this week!

It is what we do with those moments that define us.

In my work I describe this moment, this chaos, as a "Cosmic Closet Cleaning". It is chaos, but chaos does have a purpose. Think about the process of cleaning out a closet... you open the doors usually not even planning to clean, perhaps just looking for something... and one thing leads to another. Contents are all unloaded and fill the room. You have one goal in mind; emptying the closet. So with your head shoved in the darkness, you begin to unload, throw out, and sift through.

You turn and see the room behind you. Geez. There is stuff everywhere! and now its time for the kids to get home, or time to get dinner started... yet what do you do at the point of no return? I know, I know, some of you are saying, "I shut the door and sleep on the couch." ha ha...eventually

- * You sort.
- * You prioritize.
- * You organize.

Most importantly, you question.

- * What to keep?
- * What to throw out?
- * What to give to charity?

Your life is no different. Most chaos occurs when you have put out to the universe you are ready for a change. Whether you said,

“I hate my job” (and really mean it this time)

or

“this relationship IS NOT working” (and really mean it this time)

or

“something has got to give” (and really mean it this time)

Whatever. You put out the invite for change. And when you really mean it, it is magnetized, and the chaos begins.

I often talk about the elephant and the feather; when you don't listen to the feathers, the hints that change is needed in order for you to get to your happy, then eventually the feathers turn into “elephants”.

When the subtle invites for change are not answered by you or your decisions/actions, the rug is pulled, the elephant dropped, and the result is immediate chaos. The universe is telling you it is time to move, move, move...and as in my case this past week, I realized all of the chaos was the universe getting me out of my own way AND being the stubborn woman I am, there was only one way I would listen. The result has been one of the most amazing weeks of my life. Which, if things had gone differently would not have happened.

If you are experiencing chaos right now in your life, think about what you “wished” for last week, or even three, six, or nine months ago. I always tell clients that your health, your life, your relationships are where your thoughts were three, six, nine months ago.

If you are in chaos, the universe is simply providing you with the tools to put you in the right place with the right people. In actuality, the difficult part is over, I know you are finding it hard to believe, but it is true.

The difficult part was the realization that what you had was NOT working.

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The true warriors in this world are the individuals that break from the familiar.

So, chaos is the storm before the calm. Realize that chaos is opportunity in motion, and for some it is opportunity on steroids.

Chaos means your requests, your prayers; your affirmations are being manifested NOW. The universe just has to get things lined up; it is no different than you cleaning out your closet. So take a breath, say thank you, and look for the opportunity in the chaos. It is also a good time to revisit your affirmations, perhaps rework your "Magic Refrigerator" and start anew.

I have even taken the past week to look at my current chaos to reevaluate my dreams and desires and continue to clarify and define what I really want in my life to be happy.

Remember, it has to be YOUR happy, and not contingent on anyone else's dreams or desires. There should not be any trepidation with "Cosmic Closet Cleaning", there should be a sense of renewal and a trust that what you are making room for is something far better and far more wonderful than what you discard. And, giving it to God, you will also realize what manifests it, far more wonderful than what you can even conceive. Put it out there that you want to be happy and trust that what is happening now is needed to get you to that place.