

## FACING UNEXPECTED SITUATIONS IN ONE'S DAILY LIFE AND REACHING PRESENCE AND SUPPORT

Experiencing stress or fear, any mental challenge or unknown emotional state, while facing an unexpected situation and/or event, is totally normal and should be welcome.

When one knows that everything starts with a thought, so that a mental challenge may lead afterwards to an emotional or physical disorder, we understand that any challenge should be addressed at its very beginning.

Please, call for listening and support as soon as you experience something unusual in your mind or in your heart. Everyone should have the possibility to be accompanied at any moment, by a relative, a friend, a neighbour or a dedicated therapist.

Please, call, whenever you need comfort or presence!

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For most of human beings, life is usually a brilliant, while mainly subconscious, exercise of blending fears, beliefs and strategies of development and/or achievement, whatever one's aim is. This exercise leads to a kind of balance in life, implemented into a daily routine, that allows us to live more or less in a satisfactory way. Everything seems, or is, ok, with one another, and functions for ever, and this is already a good outcome, in a world that appears sometimes to be totally mad.

This balance may have installed itself within a couple, a family, a business partnership, a group of friends, a community, etc. A kind of a nice "play", that could at times, dissatisfy the individual, but that all play with gratitude, because it allows everyone to move forward. Another benefit of the play is to prevent oneself to dig deeper to find out one's true individual and collective authenticity.

In fact, this balance is very fragile, because, whenever an unexpected or challenging situation or event happen, this subtle balance breaks down, threatening us back with stress and confusion. Sometimes old behaviours may come up, that we thought we would be rid of for good. Sometimes new attitudes may be triggered, which we were not even aware of, and that could be part of us.

To some extent, these discoveries are good, since they allow us to finally tackle and possibly transform them, but, on the other hand, they may lead to such discomfort and possible harm, that we should have to call for help and support.

In Auroville, we are not supposed to be part of "most of human beings", because we may have tackled already a lot of inner issues and processes, successfully or not. Also, we are supposed to handle events from a collective perspective. In that sense and to some extent, every disagreement or discomfort any Aurovilian may encounter, becomes the challenge of the whole group.

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