



**Why does  
everything  
seem so crazy  
right now?**

**R Jarman**, 45 of Western Australia  
IG @rocketsprocket

*We are living in crazy times, and even before what is happening now on the world stage politically and in terms of the pandemic had even occurred, nothing seemed normal.*

The best way I can describe it, is **Noise**.

We are deeply disconnected, from each other, from nature, from our food sources, from the kinds of natural cycles and rhythms that would give us means to decompress, process things and recover from the stresses life puts on our minds and our health, and therefore our sense of happiness.

We are completely overwhelmed by the rate of change; a news cycle that has nothing to do with keeping us informed and a stream of feeds from social media which keep us distracted.

The world looks so unlike the way it did just 15 years ago, and many of the ways we thought we would guarantee our security and comfort have been so completely changed, that we cannot find those things.

The brain processes we inherited on the back of millions of years of evolution were not designed to process the extraordinary level of information and change without losing some of our other healthier coping mechanisms along the way.

People are screaming; both for attention and at each other. Every single modern system we inherited from the last generation is no longer fit for purpose, without exception. And, there is now too much going wrong for any single person to easily track and navigate in a way that would allow them to reliably map out a way to live a life of reward and peace.

We don't even clearly understand intuitively what to value, we are unaware that our values don't serve us and how to start getting at the problems that

need fixing.

The ways in which the human experiment might end catastrophically are now so many, and a majority of them seem self inflicted, as a global society. The worse part of this reality is that even the solvable and avoidable ones require coordination and cooperation, which is impossible because no one is able to explain their position clearly without wounding the other party or listen to the other party without getting wounded.

So what do we do?

I often asked myself, during my own process of moving from illness to wellness within myself: How does one raise issues or appeal to the crowd when everyone is so distracted or preoccupied with being wounded or being right, without speaking loudly in some way, especially where speaking loudly is another form of social illness?

The only sane and reliable answer I could come up with and have arrived at again and again without fail is, was I only have control over myself.

In truth, I could actually only control what was within my own control, and that was not even my life circumstances or barrage of thoughts and emotions which had kept me prisoner for so long. The only thing I could therefore have any control over was my own conscious awareness, my own reactions and preoccupation with my thoughts, feelings and my life circumstances.

*Mindfulness, and stillness then, is the path to wellness.*



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