



Adapting to Changing Times - Yossi Ghinsberg

A bit of background about myself - I am a non believer – I would rather know for myself.

I have spent over 30 years of my life searching for the truth; I cannot tell you that I have found it so elusive she is, but at least I can say that I am not searching anymore. I know my basics - here they are. When people ask me where am I from I answer clearly - I am from here. When I am asked for the time I answer the obvious - it is now. These two fundamental questions and answers define the way I conduct my life

Like me, you too are fully living in the here and now, simply because there is no other place and no other time that can be experienced. You may be disagreeable with it and you may crave to be somewhere else. However when we internalize the fact that we are living in the here and now and that there is no other place or time; it give us a true sense of stability, a base to operate from. From such a base we can deal with the rapidly changing world around us. Being here and now is like standing on a surf board, catching wave after wave of the endless ebbs and tides in the sea of change - not trying to resist it but rather being attentive and adaptive and flowing with it.

Crisis Management is Easy – Dealing with the Mundane is Hard

These times are challenging; the environments as we know them have been rapidly dissolving, nothing stays put, great transition has been sweeping every aspect of our lives, and with it comes great anxiety.

Adapting to rapidly changing times and to environments under extreme stress is easy. Also crisis management is easy. It is the day to day grinding mundane that is really tough.

When adversity strikes, when everything suddenly changes, the best possible strategy is not to resist, but rather to adapt. Adaptation is the very essence of survival and survival is something we do not need to learn - we are naturally primed for it. In times of 'real' crisis all our faculties are honing, the mind is crisp and sharp as a blade, no clouds of worries roam in our mind, no negative emotion hinder us. We take action, precise and economic to maximize energy efficiency. A feeling of well being arrives, a feeling of being in the right place at the right time - this is living.

During mundane times, on the other hand, we always find something to complain about. We don't appreciate and lack gratitude for the kindness of life; we are complacent and uninspired - mundane times are much tougher to handle than crisis because are true nature is buried. We are either cocky or we are insecure - we are afraid to shine. A 'real' crisis breaks the walls of our box and shakes us until our true colours show. So crisis can often be a blessing rather than curse.

If you have lost something, be it property, assets, money or a position. Remember these were never yours - for what is yours can never be taken from you. You can never be a victim if you live in the present moment fully engaged and ready for action. This is how I know nature operates.

The past is gone - only this moment is real. The future is a blank canvas ready to print your level of awareness and determination onto it. The world is as you are, it is all open and up to you.

Embracing the Era of the Ecosystem

This crisis has been an opportunity for all of us to adjust our values. We are moving into a new era of understanding and embracing the concept of an ecosystem – which can be defined as:

- A living thing that contains inherent wisdom of itself.
- Dependent on the well being of whole of its components.
- Inclusive, each of us is important to the survival of the whole.

When observing an ecosystem one can feel the innate wisdom and it's principals. The well being of all is inherent to the system. Every species in the ecosystem is required and supported, otherwise the system collapses.

If you look at the Amazon ecosystem for example you will see that it is the densest place on earth in terms of population. In fact, 50% of all living beings are concentrated on what is less than 4% of the planet, yet all these species thrive, no one goes hungry and no one becomes extinct. There is enough food and enough energy for everyone. How can it be? It's hard for us to understand because we are trained to think that resources are scarce and always about to run out - with that type of thought pattern we conclude - if there is not enough - it had better be mine and not yours. At this point cooperation ends and attitudes like 'kill the competition' begin.

When we review issues such the social injustices of hunger stricken countries, or political intolerance, oppression and abuse, of conflict and war and ethnic and religious tensions leading to discrimination and terror - we can see that our ecosystem is unwell. These issues and problems are not someone else's problems - an ecosystem is a whole - you cannot have one part dying and believe the rest to be healthy. It is about everything and everybody. The same applies to organisations, teams and the most precious ecosystem of all – our families.

This is a fact and we cannot longer avoid it. Each one of us is responsible for the whole, separation is based on false assumptions and not the reality of the world we live in.

I have recently published a new book of insights titled 'The laws of the Jungle - Jaguars Don't Need Self Help Books'. The book consists of nine universal laws, ecosystem laws, the laws nature operates by. In this book I assert that it is futile to go against these natural principals; they are monumental and overwhelming, try and resist them and you will be crushed, flow with them and you are as invincible as life itself.

Yossi Ghinsberg is based in Byron Bay and travels the world speaking on **The Power to Survive**. His life is also the subject of a recent Discovery Channel documentary about his miraculous survival after being lost in the Amazon. For more information on both his speaking and corporate workshops please contact **O2 Speakers**.