



Use Chaos to Eliminate Chaos in Your Life

by [James Patrick McDonald](#)

We all would claim to have at least some chaos in our lives. Whether or not it is true depends on each person's definition of what chaos is or means to them and many define chaos as the result of external forces beyond our control. There are very few people who would define chaos as a peaceful experience and yet the good news is our definition of chaos may just be the culprit that's blocking the harmony we seek from our awareness.

We can look at chaos in two ways. The first is to see chaos as something to be fixed, changed, corrected, and most significantly, resisted. This approach to chaos always results in suffering. We suffer primarily due to the payoff that comes from the aged-old philosophy that says; *what you resist persists and what you fight, you strengthen.*

The second way of looking at chaos is to welcome it with willingness as a gift offering awareness and freedom. To welcome chaos when it comes requires nothing more than the willingness to pause and notice our experience. In noticing, we realize that what we thought was chaotic and out of control, actually is nothing more than a reaction to a thought we are holding onto and believing.

The thought that results in us feeling "out of control" or in the midst of "chaos" is always something along the lines of: This shouldn't be happening this way, or, I need this to be different. If we are able to pause, bring our attention to the experience we are having in *this* moment, and identify the experience by looking at our thoughts, physical sensations, and feelings, that is the first step. Once there, we have information we can work with and from there we can begin to explore and ask questions.

We can ask ourselves questions like: what thought do I believe right now about this situation? Or, what is it in me that is resisting this situation and wants it to be different? Or, does what I'm experiencing right now feel good, am I peaceful? Asking questions brings awareness and through awareness we realize our experience is a reaction to a thought or belief that somehow the current situation is not *right*. Because we believe it is somehow wrong, or different than it *should* be, we are fighting with the situation and fighting always leaves us feeling less than peaceful.

In acceptance we are quiet, still, and peaceful. We can reach acceptance only by looking and when we do, we understand that chaos is merely an ephemeral response to a non-existent thought that, when recognized as such, quickly disappears into the nothingness from where it came leaving only peace, harmony, and positive action in its wake.

Visit JamesPatrickMcDonald.com for more information on James and his work.

Bio

James Patrick McDonald is the author of several books across two genres. Through his books, seminars, and presentations, James offers examples and techniques anyone can employ to expand their own sense of awareness and purpose in life. His Student of Experience™ practice opens a simple and accessible approach to finding harmony and inner peace through self-exploration and honesty. *Be a Student of Experience™ and watch your life change.*

Website: <http://www.jamespatrickmcdonald.com>

Blog: <https://studentofexperience.wordpress.com/>

Facebook: <https://www.facebook.com/James-Patrick-McDonald-1422660844700017/?fref=ts>

Twitter: <https://twitter.com/JimMcDonaldAuth>

Youtube: <https://www.youtube.com/user/jimauth>

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