

One size fits all

Chaos Reigns: Cooking lessons from life

By: Maureen St Germain



Just when you think you've got a great plan some new twist to your situation changes everything. Suddenly, chaos reigns and you discover that your plan has been circumvented by something outside of your control.

When you make a batch of cookies, you mix flour, eggs, sugar, nuts, chocolate chips, vanilla, salt, and baking soda. What a mess! Yet, when it comes out of the oven, from little lumps of dough are these wonderful smelling and tasting cookies.

Most everyone knows about making cookies. We take for granted that home-made cookies make a mess of the ingredients and possibly the kitchen as well. But who can resist a wonderful home made cookie? What if you could see your life that way?

What if you could use this knowledge in a new way? What can you do every time things got really complicated and then another ingredient jumped into the picture that you had not planned on? What if your hard drive failed, your best friend's grandmother died, or while driving your new car you hit a deer? Could it be a welcome surprise?

Generally, we don't think so. Let's say you start making those cookies and, before you realize you didn't have them, a neighbor shows up with an extra bag of chocolate chips. Of course, you would welcome them. The key here is to decide to welcome the unexpected changes or surprises. Decide that this must be useful to you - else it wouldn't have shown up. It changes the closed system you created by releasing pressure. The decision to welcome the unknown invites the energy of "no resistance" to the surprises.

Why is "no resistance" useful? I call it "The Law of Energy Dominance." Whatever you have a lot of, the universe gives you more! Take, for instance, your average commute to work or school. Maybe it takes you 20 minutes. If you are running late, it can actually take MORE than your usual 20 minutes to get there. Conversely, if you are early for work, it takes less time than your usual 20 minutes. Another example, if you have a lot of money, you get more. If you have less, you get more of less money.

If you know how energy dominance works, you can put it to work for you. Over and over in the classes I teach, I show people scientific principles. We have been conditioned to use scientific laws to predict and control our environment. Why not put this to work for you as well? There is actually a scientific principle behind this. It is called entropy.

Entropy measures the amount of decay or change from the current status quo to a new one. Picture an empty swimming pool divided with a physical barrier. On one side you put blue balls, on the other side nothing. When you lift the barrier, the balls disperse and have less order than before - that's entropy. Energy of all types spontaneously flows from being concentrated to becoming more

spread out, if it is not hindered. Entropy always increases in a closed system. It is almost as if keeping a system closed invites entropy!

Max Planck, an eminent physicist, actually, stated, "Presumably, the time will come when the principle of the increase of entropy will be presented without any connection with scientific experiment." Likely so. He added, referring to this concept also known as The Second Law of Thermodynamics, that it "implies that those trying to verify the Second Law are just as mad as those trying to produce energy out of nothing."

In practical terms, we know that entropy means things have a tendency to move from a tightly directed and ordered state to less so. Regarding civilization, entropy implies the inevitable and steady deterioration of society. What prevents the decay? Something new is introduced into the system!

Where does this take us? We naively think there is order in the universe because we see it every day. We use order to create stability and predictability. Surprisingly though, we see an equal amount of disorder; we simply dismiss it - until the disorder affects some closed system of ours.

Every exchange that occurs in an "ordered" system, whether it is your drive home from work or your evening meal, preparation increases the possibility that there will be a shift of energy dominance. This potential for change can affect your whole system in a significant way. It is always your choice to decide to how to deal with it by maintaining energy dominance.

Recently, a friend bought a new car. She has been driving the same route practically every day for over five years. It was barely a week old when she hit two deer. She took stock and counted her blessings; she was ok and the car could be replaced. She remained calm. She maintained energy dominance of serenity. Not easy to do with a crashed, brand new car! How did she do it? She focused all her energy on her surviving the crash, that is, her blessings. She let the rest go.

Life is like that. Give yourself the gift of maintaining energy dominance. When you aren't getting what you want, look at what energy is dominant. Decide what you really want more of and focus all your energy on that. When your order starts to turn to chaos, welcome it, and stay with the dominant energy you had in place before the surprise event. Place your emotions and your thoughts on the feelings you wish to dominate. Let the rest go. Decide that you need this new ingredient, even if the present moment looks like chaos reigns.

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Maureen can be reached at:

www.TransformationalEnterprisesInc.com Maureen's book, *You are the Genie in the Bottle*, published by Hampton Roads Publishing will be available in 2006.