

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

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Chaos-Mishelle Knuteson MH

I look at the lives of so many people around me and it appears that many are in or just passing through a state of chaos. I have come to understand that a chaotic period of life is where God, our divine power, is changing our compass, cleansing our lives and bringing us to a place of newness and healing. This follows along so well with the same principle that Dr. Christopher taught - cleanse, nourish and heal. This natural law not only assists us in our physical health but our mental/emotional health as well. The chaos we feel is our lack of preparedness and even surprise at what is happening in our lives. This is often uncharted territory for us and many times it takes us away from our comfort zone. Yet if we don't move through the shift that is happening we will flat-line, we will reach a plateau that can stop us from living a fuller richer life.



The main message that I want people to understand about being in a chaotic place in life is that it is God's way of propelling us forward. I've heard it called "the wind currents of God." When you feel like your life is being dismantled in a way that no human is capable of creating or fixing, then you know it is the signature of God. He is shifting us into a place of newness by redirecting our compass. This is the time that we need to surrender and trust what is happening in the moment. Step fully into the experience and be in awe of what is happening because there isn't much that can be done to stop it anyway. Instead of fighting it, ride through it. Look at it as a test in your life and meet it as gracefully as possible. Don't get caught up in negativity or questioning the methods of the change. Hold no judgments about what is happening and don't ask to see the outcomes. Give up the need to ask

WHY and do not look for the understanding that simply may not be there, at least not in the moment. Just trust, be in awe of the workings of God. Trying to project ahead can make things more difficult because life is constantly changing and you just need to ride it through to see where it leads you. I'm not saying that you don't have direction or a vision, I'm just saying don't get caught up in the worry that things aren't happening according to your "plan." Have a passionate faith and trust that you are where you are right now because that is where you should be and you will get through it. Think nourishing and loving thoughts along the way. Chaos is the process of cleansing the old. Trust, thinking encouraging thoughts, and staying in a place of acceptance is the nourishment that will lead to a place of newness and healing.

So rejoice in the chaos. It is a sign that change is coming and something greater and better is on the horizon. It means that God is close and is working His plan in your life. Move through the

chaos with grace. Learn what you can from the experience and trust that nourishment and healing are on the other side.

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