

Urgency vs Panic

By Louise LeBrun

A few days ago, I had the opportunity to spend time with some women who are new to me, in my life. I have become accustomed to spending time with people who know me well through ample personal contact. I sometimes forget that what I intend to say and what others hear, don't always match. Such was my discovery during this recent conversation.

As we shared perspectives, one thought that came into my awareness was my mindfulness of increasing speed in the passage of time; and in the acceleration of interacting, living organic systems - be they the individual or the planet. I was reminded of having read of the Schuman Resonance or pulse of the Earth (like a heartbeat) ... and how since 1980, this resonance has slowly been rising from 7.83 cycles per second to its current 12 cycles per second! Not only do I 'know' this acceleration reflected in the words on a page in the scientific community, I 'know' this as a profound truth in the very tissue of my being.

As we were approaching the end of our evening exploration, I shared with this small group of women my deep and vast sense of urgency. It caught me off guard when one of the women present spoke to that notion of what I was calling 'urgency' in words that referred to 'panic' and 'terror'. It was a great opportunity for me to stop... take a breath... and revisit: just what do I mean by urgency?

Certainly, not that! Despite what I hold to be the great potential of massive change, having a significant impact on my (and your!) world and all of us who walk through it, I have no sense of panic or terror - and I do have a great sense of urgency.

Urgency! To get on with it; to engage the moment, fully and with 100% of my attention present. Urgency, to stay mindful and present; connected to my own internal truth as the external truths of myriad others hold the potential to penetrate and take the lead on the deeply personal journey of my life.

Urgency! To live... engage!... and express fully all that moves inside me. Being both willing and able to notice that on the holodeck of my experience, nothing presents that is not intended to awaken me to the 'more' that I already am - and have not yet noticed.

Urgency! To take the breath that presents in the moment and not try to pass it by for the next. To breathe and relax and let go... into the unknown of my safe and expansive Universe, that I might better know more of ME to be its living expression.

Urgency vs Panic

By Louise LeBrun

Urgency! To say what's on my mind, in the moment that it moves... and not seek to wait for the 'right' time or the 'optimal' time or the 'best' time... but to know that the passage of time is the unfolding of my life; choosing to live fully right here/right now, rather than wait for the next invitation to do so.

In the urgency of my being, there is no good/bad, right/wrong, there is only the power of potential and the grace of opportunity, leaving me to determine how much or how little of each, I might embrace.

For me, urgency is a measure of the intensity of my great desire to LIVE! It recognizes that life is all about living - not thinking about living; and it reminds me that the only moment that I can know, for sure, will be mine is THIS one. What do I intend to do with it? Who do I intend to allow myself to become, from it? If not now, then when?

I am so grateful for that brief yet profoundly moving moment with another whose Great Adventure has intertwined with my own. I now know mySelf more than I did in that moment; and I am even more willing to accelerate this path... with urgency.

Louise LeBrun has been changing lives - including her own - for more than 25 years. In times of uncertainty, agitation and fear, she believes that what is inside us will shape what unfolds outside of us, as evidenced by the choices we make. At this time, Louise is committed to working exclusively with women to redefine and reclaim leadership. Her original and extensive collection of books, CD's and guided experiences have been helping women to trust the truth of their own experience, redefining and reclaiming leadership for a new world. Her retreat intensives catapult participants beyond their history and into an *Emerging Future* of their own design.

This article may be reproduced, provided it is reproduced in full with appropriate acknowledgement of the author, the source, and a web link to www.WEL-Systems.com In general, articles may be reproduced, provided it is reproduced in full, and acknowledges the source and copyright holder. Please check each article for any specific requirements on reprinting and/or publication including reviewing the [WEL-Systems copyright information](#).



This work by [Louise LeBrun](#) is licensed under a [Creative Commons Attribution-NonCommercial-No Derivative Works 2.5 Canada License](#).

Permissions beyond the scope of this license may be available at www.wel-systems.com/copyright.htm

WEL-Systems® is a registered trademark of Louise LeBrun