

“TODAY IS THE TOMORROW I WORRIED ABOUT YESTERDAY”

Uncertainty can be horrifying. We fear the uncertain because our ancestors have taught us to believe that our wellbeing depends on our ability to control the future (the next moment). We fear we are not going to have any or enough of the following:

1. Money for tomorrow. We worry we will not have enough money for our plans, projects, family, retirement. Sometimes the worry is legitimate such as enough money for food, rent, house payment, and so on.
2. Health for tomorrow. We want to live healthy enough, and long enough to see our children grow, get to see grandchildren, etcetera.
3. Success for our children. As parents we are genuinely interested in our children's future; we want them to have good education, good grades, good jobs, good marriage, etcetera. We want to see them succeed in life, and frequently they are not doing what we think will give them the success we believe they should have.
4. Love, understanding, and praise from those around us.
5. Security for retirement. Nowadays this is a major fear of baby boomers who worked very hard to have a “good” retirement life and we may not have enough resources for what we think we will need tomorrow. We may be “forced” to work longer and harder and still will not be enough for all we had plan for.

Tomorrow, or the next moment, does not exist, it has not been created yet; tomorrow is unknown. Part of the human being dilemma is demanding for a “better” tomorrow, or at least a tomorrow as good or not as bad as yesterday's; we fear a worst tomorrow.

I would like you to stop and reflect on the following words:

“TODAY IS THE TOMORROW I WORRIED ABOUT YESTERDAY”

Most likely things are not that bad today. Today really exists, but not the entire day –only right this moment, the previous moment is gone and the next one is still uncertain. This moment is the only time we have. If things are not as good, we may think that at least we will have enough energy to “survive” today, to have enough energy to make it through what is left of today. Nonetheless we will still have to face our PRIMAL BRAIN, WHICH is a “FEARFUL BABY” that demanding security for tomorrow leads us to have another “bad” day today –again!

Reality is that we do not need to know what will happen in the next moment because we will never guess it with accuracy, the times when our plans came up just the way we expected has become a cancer that interferes with our growth by giving us a false idea that we can control the uncontrollable, not to see that our higher brain allow us to plan and only plan –this is its only job, not to guarantee us a better next moment. Let us acknowledge this truth and how futile is to worry for what we cannot control.

Let us contemplate the following words:

“WORRY HAS NEVER ASSURED US A BETTER FUTURE”

Thus, instead of obsessing with our worries, let us recognize this and give ourselves permission to “enjoy” uncertainty trusting that, no matter what happens, everything will be OK. Enjoy the peace the world gives me by not cluttering my moment with an approval that can mislead me to believe we are better than human.

In my profession I have seen a lot of people dying; their last words have never included “I wish I could have worried more”. I believe this is most likely because right before we depart this life, the secret of life is revealed to us.....bummer!

I do not know if there are some people who get to know this way before the death experience; however, I like to believe they exist around us without even knowing it; These are the people who smile to us when we offend them, those who do not retaliate when entitled to retribution, those who sometimes we judge as weak or “spineless”. I like to dream that I will be given the gift of “knowing” before I die; this appears to be one of my preoccupations, I am also human and fight preoccupation on a daily basis –just like any “ungifted” one!