



Shadow work; home; finding firm ground; traders on uncertainty #6

How do we respond to change?

Hi, I'm Alex Staniforth; Artist, Coach, Trader. In these bi-monthly letters I'm exploring how our species makes meaning and takes action in the context of an ever evolving dynamic world. I write this as a place to share and collect thoughts as we explore these topics. I hope this blend of information serves to raise some interesting dialogues.

We have a couple of events coming up in March:

- Online Meditation Circle on Friday 24th April (19:30-21:00)
- Online Exeter University Learning Set on Wednesday 8th April (TBC) For more info and RSVP contact via email below

If you haven't yet visited our website, you can visit [here](#).

A wider perspective



Could you be in a state of fear without feeling afraid? Is fear applicable to species like rats? What about flies? And how would we know? Laypeople have no difficulty using the word 'fear' in everyday conversation, yet are quickly stumped by questions such as there. So are psychologists and biologists. Many have experienced an undercurrent of fear at some point in their lives, but what is the 'it' of fear?



Coronavirus is impacting how consumers spend, seeing huge spikes in use of e-commerce, gaming and online entertainment. Many countries are battling with purported issues of food shortages, yet public explanations for this pressure differ vastly from China to UK. Venice canals are now clear enough to see fish as the virus halts unsettling activity on the water. EEA confirm air pollution has decreased significantly as people stay at home.



The latest CO2 concentration (ppm) measurement (as of March 24th, 2020): 415.19 ppm; March, 2019: 412.7 ppm, 25 years ago: 360 ppm.

Closer to home

🐍 In this time where many remain indoors, temporarily constrained from leading normal lives, we look to the lives of prisoners for lessons on resilience in incarceration. Viktor Frankl shows how even with fear of death, hopelessness and degradation we always have choice over our attitude. How might we take the lessons learned from these tail events and apply them to our less extreme, but equally relevant situations in life?

🔄 Giving in to fear can direct attention away from self and onto the cause of that fear - be that psychological, biological or otherwise undefined. When fearful, we are confronted with a rejected hidden self that surfaces and reminds us of our defects - our impotence, weakness - our 'shadow'. Without careful attention, we are likely to project this shadow onto the world through thought, word or action and so remain helpless to our emotions. Aletheia explores the shadow and how to approach it in this detailed guide.

📊 Mark Douglas sides with the psychological view on fear stating “painful emotional conditions are basically the result of unfulfilled expectations”. In his book documenting the perspectives and attitudes of thousands of traders, brokers and trading advisors, 'The Disciplined Trader', Mark shares blunt rules and truths about what it takes to be psychologically free and well in a constantly changing environment.

Notes on compassion

🐣 In today's turbulent world there is a real need for individuals to find compassion and to be compassionate with self and other. This is a time to recognise our shared humanity, come together (virtually) and look inwards.

🧘 Coronavirus, the shadow, fear and changing geo-political trends may leave many of us proverbially, and literally, grasping for air. Whether we're not breathing deeply enough or are distracting ourselves via increased media consumption, there are many grounding exercises that can facilitate a path to greater ease and presence.

🌱 Sarah Catori guides our roots deep in this grounding meditation.

Artistic expression



Inner workings 21/03/2020 @18:54

Poetry Corner

 Mary Oliver's 'The Journey'

One day you finally knew what you had to do, and began,
though the voices around you kept shouting their bad advice
though the whole house began to tremble and you felt the old tug at your
ankles.

"Mend my life!" each voice cried.

But you didn't stop.

You knew what you had to do,

Though the wind pried with its stiff fingers at the very foundations,
though their melancholy was terrible.

It was already late enough, and a wild night, and the road full of fallen
branches and stone.

But little by little, as you left their voices behind,
the stars began to burn through the sheets of clouds,
and there was a new voice which you slowly recognised as your own,
that kept you company as you strode deeper and deeper into the world,
determined to do the only thing you could do
determined to save the only life you could save.

Things & Stuff

 Take some time to breathe and let yourself be still.

 Home sweet home.

 Journalling your shadow self.

 Aesthetics of space and their impact.

I hope you found this collection stimulating and insightful. I love hearing from you so if you've any questions or comments then please email:
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Stay well, Alex