

The key to creative action, especially in a crisis, is to be in the moment.

The notion that one can discern the way forward with certainty before entering the risk/opportunity moment is a false reality.

Being in the moment consists of three factors:

Mindfulness, that is, awareness of how an option sits with us without recourse to judging the relevance of that option,

Openness, that is, a commitment to remaining open-minded about the relevance of an option or options as one moves through a discernment and response phase, and finally, Faith

Faith is an act of faith in oneself when engaging the risk/opportunity situation. What is faith? It is a leap into the unknown—that which is not seen.

This model does not value forming a fixed judgement about an option's value or relevance in resolving a crisis.

In this model, action in the moment is not based on justification or rationalisation. One is not required to be conscious of a reason to do something or not.

Sigmund Freud said that omniscience and omnipotence underpin neuroticism. I assume that if we act out of a conscious rationalisation or justification, we are defensively in a mental state of omniscience and omnipotence. This defensively derived action generates anxiety and depression because it is a false reality. We assume we consciously know an option's relevance before acting or before an outcome occurs, when we don't. We assume a level of certitude about relevance that we don't have.

For example, when a person starts dating, if they anxiously feel they have to justify saying no to a proposition or option for arranging a date, it is a sign the relationship won't work. However, if someone can say no without having to justify it, it's a sign they feel safe and can negotiate with the other person. Relationships that work have spontaneous flow and limited anxiety about saying no. In relationships where one person is afraid to say no for fear of losing the other or being punished, they probably don't feel safe and may be digging a hole for themselves. Why that person isn't feeling safe isn't apparent in the early days of dating; it can often take 18 months to consciously know the limits of a relationship and the reasons for particular boundaries with a particular person.

A person who is anxiously overthinking their responses is usually rushing to judgment about what is appropriate or inappropriate, and what will or won't work as a response to a crisis or opportunity. In this mental state, they lack awareness of how an option impacts them. They lack mindfulness, openness and faith in their ability to act creatively.

A person who lives in the moment, rather than in their constructs about what is happening and what is relevant, they experience life more as a spontaneous, lovely, self-accepting, creative flow.