



**Disorientation:  
Coming Undone To Find A Deeper Orientation**

*by  
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Many of us end up even more troubled or confused when we try to solve problems from the same level of awareness that created them in the first place. Sometimes, we defensively strike out in new directions, primarily *to get away from something old*, and not to purposefully venture towards something new.

This is real trouble, because we often try to change our circumstances without going through the more difficult phase of an authentic transformation – *coming undone* in order to change something fundamental within ourselves, and not something outside of ourselves. Before we can genuinely take up any new way of doing something worthwhile, we have to first *un-do* something old and fixed, something already established in us.

Crossing the threshold from the known to the unknown guarantees that something in us is about to be undone or come apart (or in fact, already has). There will inevitably need to be a process of letting go of that to which we have been firmly attached. This undoing can happen gracefully or with great struggle. We have to withstand the strange mix of the relief and the distress we feel as we detach from that which is most familiar to us.

In our present-day fast-paced culture, who among us does well with coming apart and being undone? How do we learn to have faith in what we can't yet see? How do we trust the process of letting go, so we can see for ourselves that once we come apart, we will (one way or another) fall together in a better way, but a way that we cannot yet foresee?

Leaving behind familiar ways of striving towards once-cherished goals; setting aside prior successes and rewards that we've grown accustomed to; letting go of something we are already good at; dropping the fixed plan that we have so willfully clung to – all of these possibilities invariably undoes something fundamental in us, and as well, dissolves how we've known ourselves to be.

Letting go of what has been deeply embedded in us, and something we have been strongly identified with, is both very unnerving and very liberating to experience. When we encounter this depth and degree of undoing, we appreciate why many people never bother to cross the threshold into a path of necessary risk – one that holds meaningful and worthy adventures on one hand, and the possibility fiasco and devastation on the other hand.

## In Summary

Coming undone is what needs to happen before we can enter into any new orientation, one that can hold new meaning and create new possibility. This is an unavoidable and often uncomfortable part of any transformative process, but it is a necessary step in that process. The dying away to the old must happen before giving birth to the new life.

After the letting of the old way happens, there will be an inevitable disorientation that takes place within us. This can be quite hard to bear, and when we cannot bear it well, we will do place all our efforts into reverting back to what has past, and we will regress in our development.

Being temporarily disoriented, feeling lost, becoming undone – all this is a natural part of the change process - one that is *not* linear, but cyclical, like the seasons. If we stay with the lostness, we find ourselves in a new way, and we will have even more of ourselves than we had before.

But there is no guarantee that we make it through the disorientation, and that is the necessary risk, the price to paid, for an authentic journey, one that is capable of revealing to us new life.



### *Tear It Down*

*We find out the heart only by dismantling  
what the heart knows. By redefining the morning,  
we find a morning that comes just after darkness.  
We can break through marriage into marriage.  
By insisting on love we spoil it, get beyond  
affection and wade mouth-deep into love.*

*Jack Gilbert*



*I have a feeling that my boat has struck,  
down there in the depths,  
against a great thing.*

*And nothing happens!*

*Nothing...Silence...Waves...  
Nothing happens? Or has everything happened,  
and are we standing now, quietly, in the new life?*

*- Juan Jimenez*

