

Reality Sucks Energy Big Time

Here's a challenge for you. Take any one day and look at the news for stories of travels into uncharted territory. We're not talking so-called reality shows, but news stories that ARE reality. In one day, it could be the uncharted territory of a car company hiring a new CEO; a military coup; unusual and destructive gale force winds; shootings; politicians resigning over ethical issues; companies with lower third quarter profits; laptop computer battery fires; the death of an icon; abnormal ice melt in the Arctic; the separation of conjoined twins; a promising new drug for colon cancer.

There is a mixture of bad news and good news but they will all involve a new paradigm. In these examples, the common issue is that someone or some organization is facing a future that has not yet been written. Something has occurred that makes the return to a previous mindset untenable. If it is good news, then there is much energy and excitement for the potential. Bad news usually does not merit the same energy or direction. How does energy translate into useful navigation through uncharted territory?

No one would argue that energy is a limiting factor in just about everything. We can't imagine a world deprived of electricity and yet we have glimpses of it whenever there is a power failure or when batteries are exhausted. Backup systems can be used to give us a better margin of operations, albeit with some downsizing as it takes more energy to restart completely than to continue with a trickle of power. And what of human beings? Arguably, we use energy to move and to think. So what happens to that energy in the face of a major shift into uncharted territory?

Most likely for an unexpected event, our instinct will be to run our personal physiological and psychological backup generators to conserve our energy. In essence, we will run our level of operations at a more conservative rate as we try to figure things out. For many situations, lots of energy is needed to cope with the demands of uncharted territory and we soon find out that not everyone is at the same level of output. Why do some people thrive in changing situations while others fade?

From physics, we know that to minimize losing electricity in transmission wires, we use insulation. The body's nervous system also uses insulation to ensure rapid responses of muscles to the commands of the brain. When facing uncharted territory, we also cannot afford to lose energy. Preparing ourselves with the right skills for navigating unknown or uncharted territory is the best insulation against energy loss. Those who skimp on these skills will be the first to lose their insulation and consequently, their energy.