



Focus: Inner Redirection & Balance

What Is The Necessity In Your Life Right Now?

Have you ever asked yourself what real necessity there is in your life right now? We often make plans or have dreams, but what actually moves you forward is necessity. A necessity differs significantly from plans, wishes and resolutions. When it comes to plans and wishes, it's nice when you can realize them. They are, so to speak, "nice to have". In addition, they are usually designed for a longer period of time and are therefore directed towards the future (e.g. "I want to reach X by the end of the year").

A necessity, on the other hand, has a completely different spin. Necessity has an urgency and is focused on a very short period of time, specifically here and now. It is as if something was pushing you from behind. A necessity usually shows very clearly. It does not matter whether the topics are small or large. It can be the necessity to call a friend, switch to digital work, drive to a specific location, speak plain text to colleagues, or water the flowers.

For many people, however, the word necessity has a certain gravity. The German word for necessity makes this clear. The German word is NOTWENDIGKEIT and includes two important words. NOT in German means emergency, which usually indicates difficult times. Necessity is often regarded as duty. But necessity is not difficult or a duty; on the contrary. There is another word included in the German term, which is WENDIG. This means flexible or agile. This brings us to the real point where the magic of necessity lies. Being agile means reinventing yourself over and over again. It means taking the circumstances as they are in a completely neutral way and then nimbly make a right-angle turn if necessary so that you can move on. Necessity is non-linear. It invites you to adventure, play and new horizons. Necessity does not come from the mind. It comes from another source. When there is a necessity, you have an inner certainty of what needs to be done or not to be done. Then you move exactly in the necessary direction without thinking too much about it. You let the necessity move you.

The traps in everyday life

What often happens in everyday life, however, is that we do not even notice the necessity or suppress it, because it might bring us out of our comfort zone or out of our daily intellectual routine. What happens when you leave your comfort zone? Fear arises, because outside of your comfort zone you have no control. In such situations, the mind likes to step in and try to get the situation under control again. So when you feel a necessity that pushes you to the edge of your comfort zone, the mind tends to argue and look for reasons as to whether the next step is really appropriate now, or should be postponed. The stories and arguments that the mind rhymes are directly related to your comfort zone; i.e. to your own beliefs, your upbringing, the culture in which you grew up, etc. - in short: your worldview and survival strategy. It can be small sentences that prevent you from taking the next necessary step, e.g. B. "I can't do that now!" or "What should the others think?" (the family, partner, neighbors, friends, colleagues etc.) or the sentence "I don't know at all how it works and whether I can do it." In modern society we are trained to explain ourselves and to make our actions appear logical and understandable. If you cannot explain

something, you will quickly be declared dubious, illogical or crazy. But that is exactly the crux of the matter, because necessity is non-linear and cannot always be explained.

If you follow the necessity, it may well happen that you do things that make no sense or are surprising to outsiders or to yourself at first. In retrospect, however, you will usually see very clearly why you took this step. For example, one evening when I was planning a ski tour with my husband and we were busy with maps and avalanche reports, I suddenly said, out of necessity: "I have to deliver my 3-day face-to-face training online!" The necessity pushed me. I was actually on vacation and wasn't prepared for it at all, but it was clear that this was the next step and that I had to do it immediately. So I took advantage of the flow of necessity sat down, wrote down the structure for the training within 10 minutes and after another 2 weeks the training with videos and exercise sheets was online. That was just before the 1st long Corona Lockdown came.

Consciously stand in not-knowing

Standing in not-knowing is another aspect that necessity brings along. In a society where knowledge is paramount, this can be daunting and takes courage. But that's exactly what evolution is: the ability to stand in not-knowing and still take the next step. It is therefore crucial that you - in order to be able to follow the necessity unreservedly - are familiar with the feeling of fear in order to be able to stand in the not-knowing. Many people are afraid of the fear. For many, fear is negative, paralyzing and makes you incapable of making decisions. But that's an outdated view that doesn't help you. The fact is: fear is fear. A great feeling that lets you be creative, present and alert and that lets you try new things. Fear shows you that you are entering new territory or that you are moving outside of your comfort zone. You can trust the fear and use it consciously.

Another important distinction is that necessity has nothing to do with the fact that you think you should or have to do something out of a survival fear or the expectations of other people. For example, if your parents expect you to call or have a coffee every weekend and you try to meet this expectation, then it does not come from a necessity, but from an obligation that you have imposed on yourself. Perhaps the necessity would rather be that you start setting boundaries and stop letting others dictate your life. Another example: if you think you have to follow a trend because everyone is talking about it and your friends also follow the trend, then you are not following the necessity, but a herd instinct. So it is always a matter of checking what the necessity is in your life right now.

It may well be that the necessity shows through other people, e.g. when someone asks you for help. But even there it is important to check whether it is a real necessity or whether the other person is asking you because they are too lazy themselves.

Necessity is clear and precise

Another important aspect: Necessity has nothing to do with neediness! If we take the topic of relationship again and you think, for example, that it is necessary that your partner proves again and again that they love you, then you act out of neediness and seek love outside. But that has



nothing to do with necessity. To you, it may feel like this is absolutely essential to your survival, but in the end it is an old wound from your childhood or relationship. Necessity simply IS. It is not sticky, not needy, not whining, and not pleading. Necessity is clear, precise, has focus and direction.

Necessity also has the characteristic that it increases the more you ignore it. If, for example, there is a crisis in your relationship and you ignore the obvious necessity to clarify things with your partner, then the situation gets worse, so that at some point you may not have anything to say to each other or just argue and at some point separate or one of you gets sick.

Reconnect to the necessity

It is therefore even more important to start again to trust the necessity and use it. How do you do that? Well, it's like a muscle that you can train again. It is crucial that you take a moment and become still. It is necessary that you let go of your clutter and tell your mind to take a break for a moment.

Then you ask the question: "What is the necessity right now?" or "What is the next step now?" or "What's next?" Then you pause again and wait for the impulse of necessity. This brings you into the here and now instead of - as with plans and wishes - of being in the future and analyzing everything with your mind. You have no strength in the future. You only have power in the here and now.

It may well happen that every now and then there is the necessity to do nothing or to not take a step forward. Trust that. Just ask the question again later.

This approach works great if you want to realize a vision. You don't have to already know how to realize it or what all the steps are on the way. It's always about the next step, because who knows what the circumstances will be like the day after tomorrow or in 4 weeks? What do you do when you have already planned everything and then circumstances change? Then you can throw your plans away. If you follow the necessity instead, you will have the vision in front of your eyes, but only take the necessary next step.

The exciting thing is: if you trust the necessity, you will get into a flow. Then you are automatically in the right place at the right time. When you trust the necessity, you move before you know how something works. You just take the next step that and consciously use your fear to stand in not-knowing. If you trust the necessity and go step by step, completely new possibilities can open up that you did not expect.

Are you ready to trust the necessity in your life again and let yourself be moved by it?

All the best,
Nicola Neumann-Mangoldt

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