

The Art Of Uncertainty

Study/Discussion Material for the podcast from Sunday 2/01/2015

From Dennis Merrit Jones' *The Art Of Uncertainty*, page xvii:

“Even at a young age, we begin to develop our attachment to the known which always circles us back to a reference point called ‘the past.’ If we are honest with ourselves, we can see that for most of us this attachment to the known still finds a home in our adult consciousness or belief system. We all have some addiction to wanting to control the future, don’t we? There is much comfort to be found in the confines of a box when we know where the edges are.”

Study/Discussion Questions:

1. Why is it tempting and comfortable to stay “within the box” (within our comfort zones)?
2. Jones says that, “It is a universal imperative that all living things must grow, and if they don’t, they die.” Give some examples of how this is true from our life experiences.
3. What are some ways that we might put aside our fear of change, or of the unknown, in order to experience additional growth?