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It is in times of uncertainty that we are left to notice the underlying rhythm of our beings. Is this rhythm divine? Is it identity? Is it genetic? Is it corporate? Whatever it is, like it or not, stress reveals our core. We discover the strength of our core values.

My mother used to say that change is the one thing we can always count on. As a child, leaving our lives in Castro's Cuba, I learned firsthand the power of positive and negative attitude in dealing with challenges. If we are stuck on the "way things should have been" or "the way things were" we are stripped of our ability to see the many opportunities created by uncertainty.

Isn't it in uncertain times that our heroes have been forged? We are no exception. Especially in these changing political and economic times, stress and uncertainty are quite present and ready to give us a spin. A friend just sent me a beautiful email. Thanks, Achim! The punch line was an invitation to resist suffering with rain by dancing in it. It's all in how we handle the present.

Our response to uncertainty can be stress. It can also be a new awareness and a deepening of our core values. Stressful times serve as impromptu involuntary crash courses in flexibility and values management. When we are certain of our core values we can handle ambiguity and uncertainty as an invitation to opportunity. Simple, not easy.

The power of calm, focused individuals and groups affects even those not participating in calming efforts. Conversely, negative energy, paralyzing fear, and a loosening of our core values for the sake of survival have far-reaching effects on us all. Especially in uncertain times, the calm, confident business person emerges as tomorrow's leader.

Dance anyone?