

Staying calm in the storm

A friend sent me a description of a dream she had recently. A hurricane was raging and she was sitting in the eye of the storm safely. She instantly knew it was about the financial upheaval around the globe and suggested that the only safe place was at the center of the hurricane. I agree with her. When this all started revving up, I noticed my own fear reaction start revving up. My stomach tightens, I go queasy, my breath gets shallow and I want to run. (Of course, this is the classic fight or flight pattern of the bodymind.) I think most of us can relate to that whether we're aware of it in the moment or not. Fear is manifested in similar ways in all human beings. But what good is fear reaction to find our own solutions to our financial challenges. Fear only has us react with more contraction. Feel afraid long enough and we start getting depressed and powerless. This is not a good response for the present circumstances. We need to be responsive, not reactive. We need to take responsibility for our lives in general and our financial well being in particular.

During our walk this morning my husband and I had another conversation about our money as we've been doing over the last several days and we made a decision to make some changes. At first I noticed the fear thing in my body. I took some deep breaths, brought my granddaughter to mind, smiled and my fear released. (This is a sure fire way to release fear, breathe, move a little, and bring someone you love to mind and smile.) I wanted to make sure that I was making this decision from a power place and not the fear zone. And that became very clear to me after the fear release.

It's so important to stay in the eye of the storm. We don't get battered and thrown around there. To do that I suggest a few things.

1. Don't listen to the news on tv or radio randomly. Choose the time and resource to inform yourself of what you need to know.
2. Put your focus on appreciating who and what is in your life and how rich it is. Appreciation is a way to lead life, not just good manners. It also creates a lot of personal power to act in one's own behalf.
3. Practice calmness each day. If you don't practice, you won't be calm! Sit quietly and focus yourself on your breath for a few minutes. Getting use to this will create a place within you can always come to when things get tough.
4. Focus on the things that bring you joy. I just bring my children and grandchild to mind and I instantly smile. My husband's jokes, my friends and family's love and attention, my yoga practice, the colors of the trees, the little red fox I saw yesterday morning - all of these are joy-juicing for me. What are yours?

My friend sent me this quote to end her email. I think it says it all. I offer it here.

"I can elect to change all thoughts that hurt. Only my condemnation injures me. Only my own forgiveness sets me free. How deceived I was to think that what I feared was in the world, instead of in my own mind. Forgiveness ends the dream of conflict. As forgiveness allows love to return to my awareness, I will

see a world of peace and safety and joy. This world will change through you. No other means can save it. My forgiveness is the means by which the world is healed, together with myself, let me then forgive the world, that it may be healed along with me. Peace will come to all who ask for it with real desire and sincerity of purpose." -- A Course In Miracles