



HOW TO FIND PEACE
WHEN THE WORLD IS SHAKING

in 3 practical steps

by Amis Agung Boersma



*"Let the power
of intention
lead the way"*

SHARON SALZBERG

HOW TO TEND TO OUR SOUL WHEN THE WORLD BREAKS OUR HEARTS?

How do we find peace when the world is shaking? These questions are very real right now, both to me as well as to everyone around me. On the one hand, I see people binging on news related television shows and news outlet websites. On the other hand, I see people disconnecting from the news: looking away as opposed to looking directly at everything and feeling the heartbreak. In this practice, I'll invite you to find a balance between engaging with everything that is happening in the outside world *and* to tend to your inner world.

STEP 1: INVITE THE HEARTBREAK

Whether you are a news-binger or an escapist; allow yourself to really feel the impact of the news on you. This might be hard to 'do', so find what works for you. You can think of:

- Crying - finding music that bring your in a melancholic state and let the tears flow
- Screaming - punch a pillow and yell, or go to the ocean if it is nearby and scream into the wind. Let your voice out.
- Moving - running, dancing or shaking it off. What physical exercise helps you release the tension you might (knowingly or unknowingly) carry with you?

STEP 2: NAME ALL THE FEELS

Take a couple of deep breaths and describe for yourself the physical sensations you experience in your body right now. Where do you feel tense? Are you holding your breath? Is your heartbeat fast or slow?

Now, focus on the emotional qualities? What are the emotions you are experiencing? No need to pick one, in fact describe as many as you can. Feel free to make up a word!

STEP 3: SET AN INTENTION

The final step is to set an intention around how you want to show up today. How do you want to be today? Can you add a bit more soul, love or gentleness to your anger today? If you're feeling numb, can you add a bit of action to your energy? And, what would you need to do to help you get there today?

DID YOU FIND THESE STEPS HELPFUL? LET ME KNOW WHAT YOU THINK BY SENDING A MESSAGE TO AMIS@AMISBOERSMA.NL OR BOOK A 30-MINUTE CHECK-IN WITH ME ON MY WEBSITE IF YOU'D LIKE TO EXPLORE WORKING TOGETHER

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