

Find Your Inner Calm

One way to find inner calm is to create visual order in your surroundings, as often a cluttered space reflects a cluttered mind. Enjoy putting everything back where it belongs, and surround yourself with beautiful life-enhancing objects. Gentle music can soothe tired nerves too, so perhaps pick something which gives you a sense of inner peace and contentment when you listen to it. Soft lighting may also help to quiet the mind. Finding the right book to read can be calming, energising and inspirational, and can take your mind off any feelings of disquiet.

If we are feeling less than tranquil it is best to avoid rushing at things. Choose one activity, give it your full attention, and enjoy moving in a slow and composed manner. What we do with our bodies tends to feed back into our minds, and by doing things with calm deliberation we will draw in our scattered energies and feel more centred. Take little breaks and you will find you feel more resourceful again and ready to face the next task. Whether we are occupied, or sitting in stillness, it will be a good idea to focus on breathing: inhale slowly and exhale slowly, and soon your thoughts will stop racing. Meditating can also be beneficial; for example, keep repeating a favourite word or phrase to yourself, such as “peace” or “I am free”.

If you lose your inner calm when you are out and about there are several things you can do. Try to walk in a slow, measured way rather than rushing from place to place. An old Chinese proverb states: “He who is hurried cannot walk gracefully”. Tell yourself “I have time”, after all, little is achieved through haste and indecision. Know what you are going to do next, and go about it with focus and intent. Avoid over-stimulation such as being in crowded places if you possibly can. Find a calm area such as a park where you can re-gather and compose yourself. And remember your breathing which is like coming back to base, and finding the stillness within. Use all your senses to notice what is around you, and to distract you from any anxious thoughts. Then attune yourself to your feelings, and learn to accept them as they are in this moment; be in the here and now, and you may discover that it is a beautiful place to be.

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