

“Way to Be” During These Challenging Times

Our book **“Way to Be”**, was completed in 2019. Due to the many changes the world is experiencing we would like to offer other “Ways to Be”. So much has changed and continues to; we want to acknowledge the turbulence and uncertainty of this time. We believe this book is still a guide to joy, clarity and inner peace.

“Way to Be” is relevant now more than ever as it will support, teach and encourage you to go within and tap into your inner strength. We invite you to explore the many **“Ways to Be”** offered in our book as you will gain new insights and learn that there is always more than one way to be.

We would like to give you the following “Be” with the hope that it brings you a sense of calm.

Be Steady

Being steady is not about going on automatic from one thing to another or being insensitive. Being steady is choosing to stay quiet and calm in times of chaos. It is balancing strength and softness; it is moving with a spirit of stillness.

When you are steady, you are aware of what is going on around you and not thrown off by it. You are able to stay rooted and flexible. Steadiness is not about blocking things off, ignoring or pretending crises do not exist; it is about embracing what is without reactivity.

Under pressure your mind may become agitated and this requires you to make a conscious choice to stay steady. You will always have a range of thoughts and feelings; however, the way you relate to them is, essential to create stability.

Our state of being impacts greatly the people around us. By embodying steadiness, it invites others to be calm and centered.

The Practice: Three Parts Breath

- Sit in a comfortable position. Lengthen your spine and draw your shoulders down your back. Soften your face and your jaw. Close your eyes.
- Inhale through the nose and fill your belly, inhale more and fill your middle torso ; inhale even more and fill your upper torso.
- Exhale preferably through the nose
- Repeat for the next three minutes