Workshop – Chaos or Serenity: Scattered pieces or clear picture

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Workshop notes:

Quotes:

When everything is moving and shifting, the only way to counteract chaos is stillness. When things feel extraordinary, strive for ordinary. When the surface is wavy, dive deeper for quieter waters.  

_Kristin Armstrong_

_Freedom is just Chaos, with better lighting._  

_Alan Dean Foster_

We adore chaos because we love to produce order.  

_M.C. Escher_

_In a culture where the ‘extreme theme’ has become the norm, people are increasingly seduced into believing that intensity equals being alive. When that happens, the mind becomes wired for drama and the soul is starving of meaningful purpose. This type of life may produce heart-pounding excitement, but the absence of this addictive energy can bring about withdrawal, fear, and restlessness that is unbearable. ‘Addicted to Chaos: The Journey From Extreme to Serene’ by Dr. Keith Lee_

Ways to find serenity among the chaos:

- Step away – unplug and disconnect
- Get some fresh air
- Hit reset – start your day over
- Smile
- Inhale – I  Exhale – AM
- Give thanks continually
- Get lost on Youtube
- Color the zebra. Not all things are black and white