

WORLD CRISES: REFLECTIONS

PART VI



Worksheet 13

The crises of the world may seem far removed from daily life, yet they touch us more deeply than we sometimes admit. The real challenge is to transform awareness of the world's pain into a deeper commitment to inner peace, to service, and to bringing harmony to our daily interactions. • Before you begin, take a few moments to center yourself. Let your breath slow and deepen as you release any heaviness you may feel about the state of the world. Remember that peace begins within you. In that calm and centered state, open your heart to the reflections that follow.



What events are most disturbing to me right now?

Think of local, national, and world events such as natural disasters, economic or political instability, environmental pollution, or other concerns that weigh on your heart. Which of these speaks most deeply to your conscience?



How are they affecting me emotionally?

Do you feel unsettled, angry, disheartened, or moved to act in some way? Are there patterns in how you tend to respond?



How are they are they are they disrupting the rhythm of my daily life?

What, if any, are their practical consequences for you?



What helps me stay informed without losing my inner balance?

How do you manage your consumption of news so as not to be overwhelmed by information and emotions?
What enables you to keep your heart calm, your mind positive and hopeful, and your inner peace intact?



What is one step—however modest—I can take to help those who suffer and to uplift human consciousness?

Take a moment to acknowledge what you may already be doing, practically and inwardly. Then reflect: Is there something more you feel called to contribute?
