



daily GOOD

Sticking with that uncertainty, getting the knack of relaxing in the midst of chaos, learning not to panic -- this is the spiritual path. --Pema Chodron

Three Methods for Working with Chaos

"Times of chaos and challenge can be the most spiritually powerful... if we are brave enough to rest in their space of uncertainty. Pema Chodron describes three ways to use our problems as the path to awakening and joy: go to the places that scare you, use poison as medicine, and regard what arises as awakened energy."

Be The Change:

What are your methods for working with chaos? Which of the approaches in the article, if any, resonates most deeply for you. Which one, if any do you feel called to experiment with? For more inspiration, check out this passage on "Cool Loneliness" by Pema Chodron.