

What You Can Do to Help in Chaos



Dining on a Rancid Take-Out Menu

As society and the media pumps out more pandemonium, bedlam, jiggery-pokery and mayhem for our global dining-room table consumption, one wonders just how much more one can take?

The ways we cope and react are numerous. One can spontaneously break out into interpretive dance (as mentioned in my recent [‘heart talk’](#) article, which you may find interesting – [READ HERE](#)), churn out a few Shakespearian sonnets, join one’s local Hare Krishna movement or go and make like an ostrich (only to name a few saucy coping-mechanisms!).

Dust Off Your Head – You’re Needed!

It’s no small wonder that my close group of friends (and officially me too after last night) are all having the same dreams – unfortunately, that of the ‘end of days’ scenario with those four epic horsemen!

I mean WTF(udge)? The battle for middle earth has begun ([Tolkien](#) was way ahead of his time)!

Can you feel it? Yeah, I know a lot of you will say that people have been predicting the apocalypse since the dawn of mankind and naught has happened yet but, seriously, there is something up of late. And I know it's not just me who's feeling it.

Has the battle betwixt good and evil reached a climactic pinnacle? If so, whose side will fall?

Okay, this is where you come in...

What Can I Do?

In the throes of mass panic, fear, galvanization and all the rest of it, you can be that still presence.

There are 2 things you can adopt when you feel you're in the middle of something chaotic:

1. **Be Aware** – drop into your heart space ([read more about 'Heart Wisdom' HERE](#)). Instead of spontaneously bursting out into reaction, take a knee (even if it has to be a quick one!). Centre yourself and see things for what they are. If you can react from your heart instead of sweeping fear or anger, you are opening a space for resolve or balance even if you can't see it yet.
2. **Be Calm** – energy compounds energy. If you react with more chaotic, aggressive, panic-stricken energy you are not helping, you are adding fuel to the fire. If you can act with calm, balanced, centered energy you may just be able to dissolve some of the chaos and be the watering can to those licking flames.

Now, if you're able to use the above-mentioned traits, you will be in a space where you can be of more help than if you were to become erruptively reactive. When you are reactive

without these 2 attributes you will more likely cause more chaos than help to bring about any kind of reconciliation or balance.

Don't get me wrong, there is nothing erroneous about taking action in a situation – just be equipped with a calm awareness firmly tucked under your coping-strategy belt.

Your ability to remain calm and aware will be key to bringing about a new consciousness movement.

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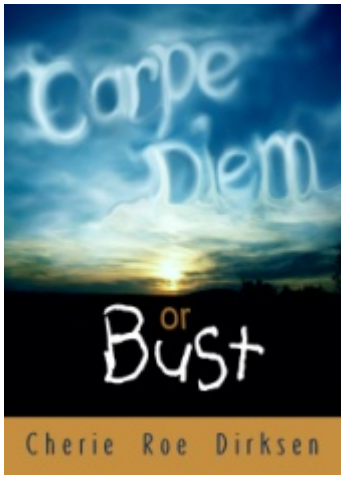
[Cherie Roe Dirksen](#) is a self-empowerment author/columnist/radio presenter, multi-media artist and musician from South Africa.

To date, she has published **3 self-help and motivational books** and brings out weekly inspirational blogs at her site www.cherieroedirksen.com. Get stuck into finding your passion, purpose and joy by downloading some of those books gratis when you click [HERE](#).

Her ambition is to help you to connect with your innate gift of creativity and living the life you came here to experience by taking responsibility for your actions and becoming the co-creator of your reality. You can follow Cherie on [Facebook](#) ([The Art of Empowerment](#) – for article updates). She has an official art [Facebook](#) page ([Cherie Roe Dirksen](#) – for new art updates). You can also check out her Facebook band page at [Templeton Universe](#).

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