

Mirjam Janse 🍀 Attachment to the video

[How to Stay Aware While Dealing With the Current Chaos](#)

How to survive the current chaos in 10 points

When disaster strikes, whether personal or global, keep an eye
on the bigger picture.

Stop constantly using your phone.

Stop watching the news. YOU ARE THE NEWS.

Observe. Don't judge. Don't jump to conclusions.

Whatever happens is what you or we have attracted.

Listen to your body. It's infinitely wise. It holds all the knowledge
you need to stay healthy.

Love yourself. Know that you are loved and valued.

Have faith. Trust your intuition.

Whatever you're experiencing, know that you're not alone. Accept
that others might not be at your speed.

Your sense of humour is a divine gift. Protect it.

You chose to be here now. Your soul chose this earthly experience.

Realise that you're being guided. Your guides are waiting
for your call for help.

Get out into nature. Move, hum, sing, be creative. Take action.

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