Eye of the Storm

A wise sea captain caught in a tropical storm knows that if he holds his vessel on the periphery it will get hurled from one side to the other.



If he can reach the eye of the storm, he will enter a place of stillness. The storm will then subside and the ship can continue its journey.

Similarly, when everything around me is changing in a very intense way, the best place for me to seek shelter and refuge is not on the outside, but deep within the self, where I can get in touch with my own inner being, find strength and stability.

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