

Calm is both physical and mental, as well as observational. It is the paradox of “letting go to gain control” and that results in a lovely state of flow in which, although we are engaged, less life effort is required.

Stephen Panebianco, MD –
Mind-Body Medicine Specialist

Ponder the quote

Reflect on and discuss how
letting go to gain control
has worked in your life.

What helps you access that
kind of calm?

Describing Calm

The mind is like water.
When it's turbulent,
it's difficult to see.
When it's calm,
everything
becomes clear.

—Prasad Mahes



During the podcast, calm was described in these ways:

- Scott: It's that heavy sigh where I know I have all I need and it's all good.
- Kevin: It's spacious and expansive
- Dave: Body at peace with a mind that is clear or focused

How do you describe calm? What does it feel like? What does the opposite of it feel like? What pulls you out of calm and what returns you to it?

Circumstances Don't Automatically Make Us Calm

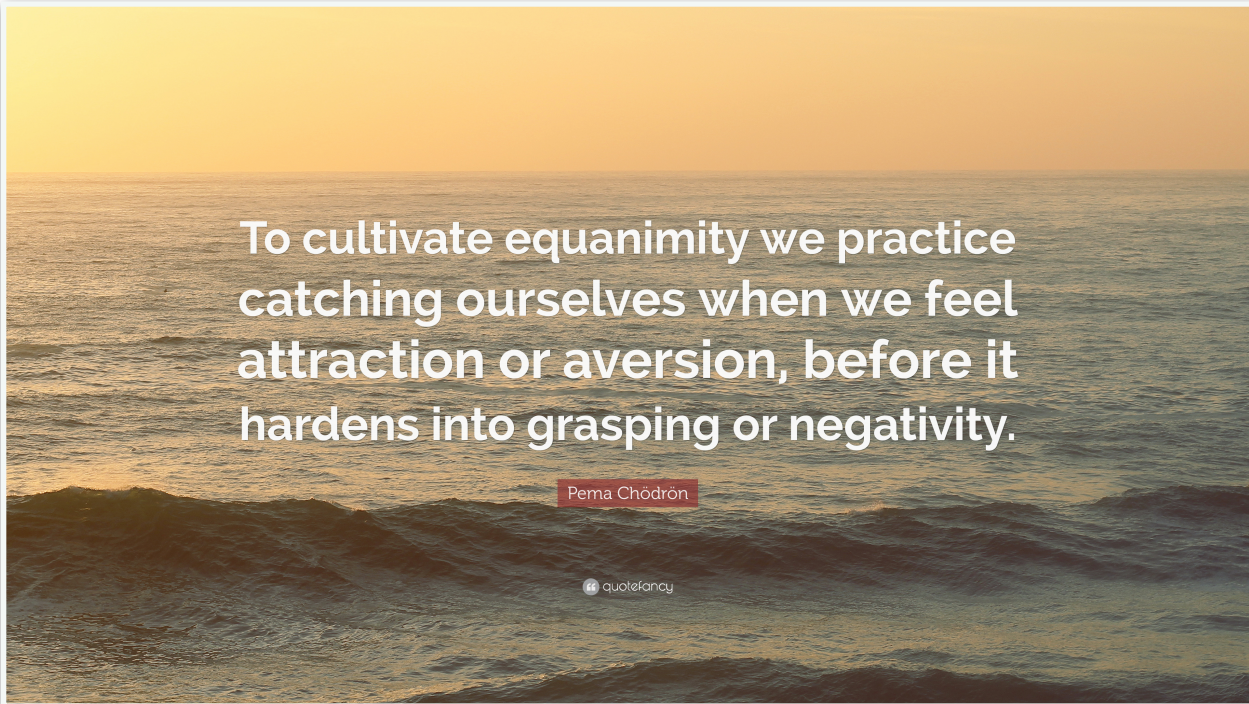
During the podcast, Scott reminded us of a powerful insight:

You can be turbulent in a calm sea; You can be calm in a turbulent sea.

What's happening externally may not have any influence on our state of calm.

- We've all experienced chaotic spaces but calm minds.
- We've all experienced calm spaces but chaotic minds.

To experience calm in the midst of any life-space, we can practice equanimity. Consider the quote of Pema Chodron (below) and discuss what you do to "catch yourself" before attraction or aversion hardens.



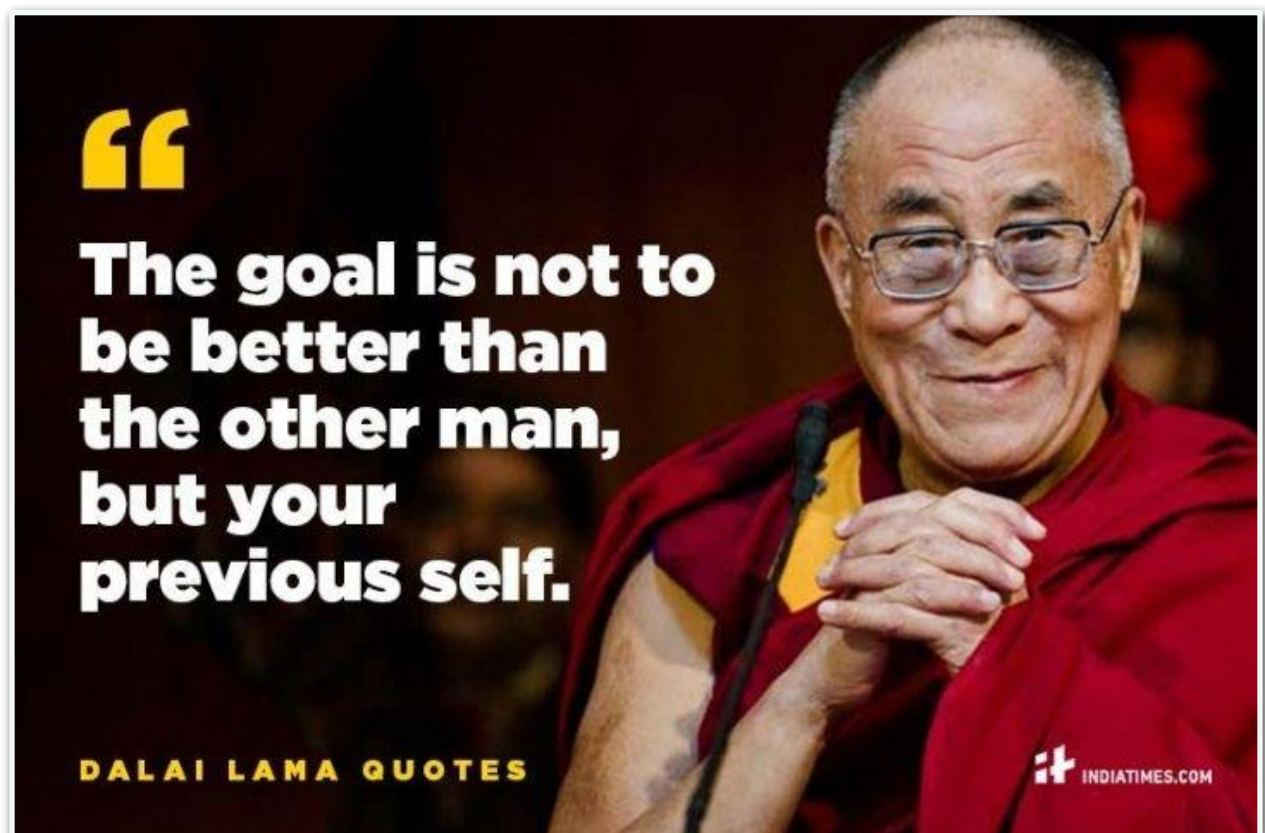
To cultivate equanimity we practice
catching ourselves when we feel
attraction or aversion, before it
hardens into grasping or negativity.

Pema Chodron

quote fancy

First Person Work

In the After-Cast Kevin brought up first person work. After listening to that part of the After-Cast, discuss the danger of avoiding first person work and what commitments you can make to engage in first person work.



Digging Deeper - Finding Flow

During the conversation, there was a brief exploration of flow and calm. It's likely you've experienced flow without calling that. If you're interested in learning more about flow, here are a couple of starting points.

Here's a good article introducing the idea:

[Finding Flow: 5 Steps to Get in the Zone and Be More Productive By Jory MacKay](#)

Here's a group that goes deep into the research and practice of flow:

[The Flow Research Collective](#)