

Finding Equanimity During Challenging Times: Your *Inner Resource*

Somewhere deep inside each of us lives a space of inner calm. One way to access this calm involves using a technique often referred to as one's **Inner Resource**, **Inner Sanctuary**, or, "**Happy Place**". An **Inner Resource** is your special inner refuge where you can go to take a break from the pressures and tensions of life, and reset and relax.

Finding your personal Inner Resource:

- 1) Close your eyes. Inhale deeply and exhale with an audible sigh. Repeat 3 times.
- 2) Bring to mind a memory where you felt peaceful, relaxed, and completely free to be yourself. This may be a memory involving someone who loves you unconditionally, someone you feel completely safe with, a departed friend or relative, a spiritual figure, or a pet. It may also be a memory of being in nature. If no such memory comes to mind, you may use an imagined or dreamt scenario in which you feel peaceful and connected to your authentic self.
- 3) Engage all of your senses as you revisit this memory—what do you see around you? What are you and others wearing? What sounds are you hearing when you relive this memory? Are there any smells you sense in this memory? Any tastes in your mouth? When you are totally inside of this memory are there any tactile sensations present, such as a breeze touching your skin, the warmth of the sun, coldness of snow, sand or water against your body, etc?
- 4) Allow the details of this memory to slowly emerge. As the colors, sights, and sounds become more vivid, notice how relaxed your body and mind feel. Notice how smooth and even your breathing is. Let your body and mind be entirely present in this safe, calming, and accepting place.
- 5) Sense in your body the positive feelings and sensations associated with this memory. Notice where you feel peace and ease in your body.
- 6) Once you are fully anchored in these positive sensations, let go of the memory and just experience the nurturing sensations of equanimity, calm, acceptance, and trust.
- 7) This is your **Inner Resource**. The more that you practice these steps to access it, the easier it will be to experience equanimity in times of need.

