

Finding Peace Amid Chaos

For the moments when everything is moving at once.

This exercise helps you find your Inner Self within the noise of everyday life. Set aside ten quiet minutes where you won't be interrupted.

Close your eyes and imagine you are a performer. You could be an actor, a dancer, a musician, a jester — whatever feels right to you.

You have spent weeks preparing for this moment. The rehearsals were long. There were difficult days. Moments of doubt. But you kept going.

Now it is opening night.

You are standing backstage. Around you everything is moving — crew members rushing, last minute preparations, the hum of the audience beyond the curtain. It is loud. It is chaotic. And yet you are standing in the middle of it, in full costume.

The curtain begins to open. You are front and center, all eyes are upon you.

In this moment — right here, between the chaos and the performance — notice what you feel.

When you're ready, open your eyes and answer these questions:

What kind of performer were you? What was the setting?

How did the preparation feel — the long hours, the hard days?

When all eyes turned to you, what did you notice inside yourself?

As the curtain opened and the chaos stilled — what did you feel in that moment of calm?

How does that performer translate to your own life right now?

Bring what you discovered to your next session with Maya.
