

with Elka Eastly Vera, M.A.

Week 3 — Chaos

Read... Reflect... Respond...

#### Week 3 — Chaos

### { Read }



Keywords for **Chaos**uncontrollable energy; adventure;
destruction that renews;
call to faith; a greater order;
creative projects underway

Sometimes life feels stormy. Whether due to inner turmoil or outer circumstances, sometimes it can feel like your foundation is in upheaval, like a tornado has come twisting into your life.

Tornadoes are an uncompromising force of nature with the power to change your world. It was a tornado that whisked Dorothy from comfortable Kansas to the unfathomable land of Oz. But it was through this journey that Dorothy discovered her power and helped liberate Oz. Eventually, she returned to the home she had once yearned to escape.

Like Dorothy, you may pray for change, but when it comes, how do you relate with it?

When chaos strikes — as an inner experience or an outer manifestation — find the still point within to weather the storm. As with Dorothy's time in Oz, there is a greater plan unfolding.

Chaos also speaks to creative projects you have underway. Creation is a messy process. Trust that order will emerge.

When you gaze at the Chaos card, what impressions arise in your awareness?
When you read the brief excerpt, what words or phrases stand out to you?

## Week 3 — Chaos

{ Reflect }

How do you plan to reflect on the theme of Chaos? Describe your sacred process:
What does Chaos mean to you? Try setting a timer for 5 minutes to free write on the theme.

## Week 3 — Chaos

## { Respond }

What can you put on your altar to symbolize your understanding of Chaos? (See the course email for ideas.)
Sketch a picture of one of your symbols.
What, if any, insights arose as you paused at your altar during the week?

### Week 3 — Chaos

## { Possible Practices }

Which, if any, of the four possible practices in the course email did you use to explore the theme of Chaos?
What did you gain or learn after working with the theme of Chaos this week?

Be sure to clear your altar to mark completion with Chaos and prepare for the coming theme.