

It's Boomer Energy Time!—Five Ways to Practice Presence in Critical Times

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These critical times can actually be the Baby Boomers' finest hour. We are survivors of many life challenges such as career changes, job loss, personal or loved one's illnesses and shattering events such as death of parents and relatives. More than that, we are learning to *thrive* in difficult times and discovering ways to share our inner wisdom with others.

Staying centered and present in critical times is one of the Boomer's greatest gifts. It brings us to the spiritual wisdom that allows our energy to flow from within to help others. We can be the caring presence for others in the center of the storm.

Energy psychology offers numerous easily learned tools to experience our very own center which is really as close as the next breath. Here are five steps you can use one at a time or all together as your time permits:

- 1) **Take a deep breath and let go** of the tension you feel after hearing an upsetting news item, diagnosis, report or trauma.
- 2) **Note your emotion and acknowledge it** directly by stating "Even though I feel ____ (state the feeling), I still deeply and profoundly accept myself."
- 3) **Touch or gently rub the heart area** in the mid-chest while repeating the statement above. Repeat it as often as needed until you feel less caught up in the traumatic event and more connected to yourself.
- 4) **Acknowledge your gifts and strengths** by listing who you know you are and what you might offer to help the person who is in need or affected by trauma.

5) Choose to be present with your center intact when you approach yourself or a person in need. Listen to your inner voice of calm. Trust that you can attract the resources, including your patience and persistence, necessary to resolve the situation and assist with healing.

As you go through the steps, you may notice a shift in your perceptions. There may be room for more clear thinking and knowing what to do.

I recently taught a class to a group of Baby Boomers that included several who had recently laid-off adult children. The centering steps helped them to move quickly from fear for their loved ones to affirming their own and their children's strengths. One participant observed with tears in her eyes, "My daughter has already survived cancer, I know she can find hope and another job. I know I can actively support her in affirming her gifts and talents and in being present for her."

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