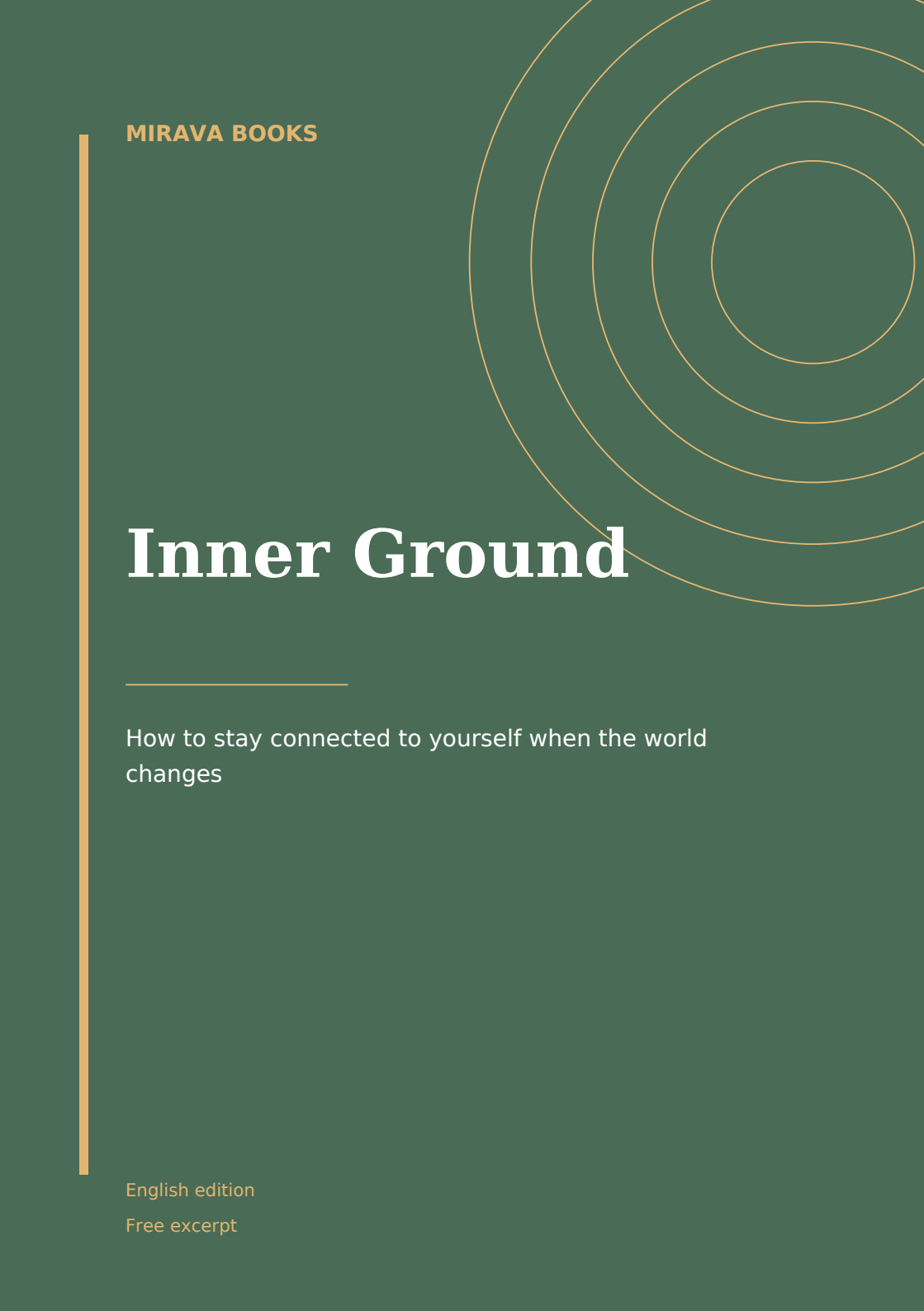




MIRAVA BOOKS

Inner Ground

How to stay connected to yourself when the world changes

English edition

Free excerpt

Inner Ground

How to stay connected to yourself when the world changes

English edition · Revised edition · October 2026

This practical guide is for people struggling to stay clear-headed amid change, everyday responsibilities, and worrying news. It offers six ways to notice events and choose a manageable next step, without promising complete predictability. Read in order or start where needed; test one practice in an ordinary day rather than doing everything in an evening. Situations are illustrative, not accounts of real clients. The text and translations were prepared with AI assistance. This is educational material for personal reflection; adapt or skip exercises. They do not require tolerating threats or staying in an unsafe situation.

MIRAVA · Text and translation prepared with AI assistance.

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- 05 Support without shame
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01

Inner ground is not control

Constant monitoring can look like useful action amid change. Yet knowing every possible outcome differs from influencing it. Inner ground begins with “What depends on my decision today?” The answer may be small: prepare documents, check a route, arrange a call. Small scale does not make action meaningless.

Marina refreshes news every five minutes. By evening she knows more details but has not packed for tomorrow’s trip. She divides a page into “I can do this” and “Not deciding today.” Charging her phone and checking her ticket go first; developments outside her control go second.

Finish one item from the first column before checking the feed again. Set two suitable times for ordinary news, keeping messages needed for immediate safety available. This schedule is a revisable personal agreement, rather than a compulsory rule for every circumstance.

Afterwards, notice any change: wanting to read on, tense shoulders, finding it easier to start a task. This is observation, not a calmness test. Without more clarity, try another break length or task; you need not prove the method must work.

Exercise: fill both columns in five minutes, circle one available action, and set its completion time. Record what you did that evening. Assess your action, rather than your ability to secure a favourable outcome for the whole situation.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] World Health Organization — Doing What Matters in Times of Stress: An Illustrated Guide · www.who.int

[2] NHS — Get help with anger · www.nhs.uk