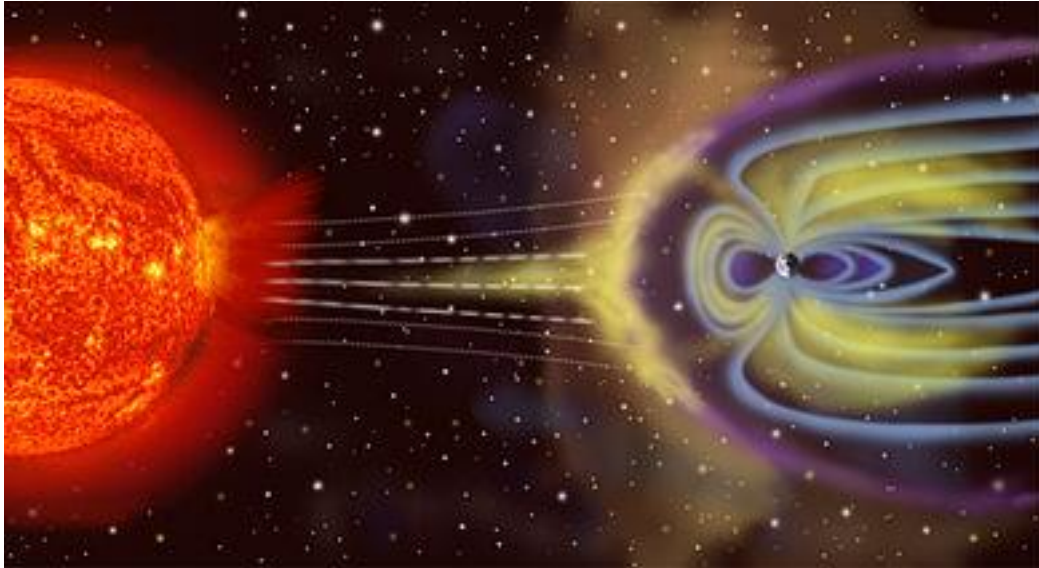


## Sunstorm



An artistic depiction of a geomagnetic storm

A sunstorm is a geomagnetic storm (solar storm), a temporary disturbance caused by solar wind shock wave. The solar wind's magnetic field interacts with the Earth's magnetic field and transfers an increased energy into the magnetosphere. Popularly, a sunstorm is a dramatic rain and wind storm that happens as the sun is still shining. Much like a tornado's violence of wind and downpour and followed quite quickly by shining sun.

<https://www.stitcher.com/podcast/the-mashup-americans/sunstorm>

Ai-jen Poo, Director of the National Domestic Workers Alliance, and Alicia Garza, a founder of Black Lives Matter, have teamed up in this podcast to have conversations that help us to navigate the sunstorms of the political landscape.

What is an example of a sunstorm in your life: a sudden time when a storm came in followed by gaining some peace and equanimity?