

Prescription for Peace. . .

If you are prone to anxiety and stressful thoughts these days, perhaps high on your list is a desire for a quiet mind or inner peace. Inner peace is the opposite of anxious thoughts and fears. How can we have inner peace in this world of danger? News of natural and man-made disasters trigger our most basic fear. We fear death, pain and separation from those we love. Fear is a crippling emotion that we all face.

Some helpful hints: Limit your thoughts to the present. Usually the present moment is safe. It is also the only moment we can take action. If you review unpleasant or painful past events, it may result in feelings of regret, resentment or guilt. While projecting concerns and worries into the future can result in anxiety and fear.

Focus on life from a spiritual perspective and look beyond appearances.

When you look at the bigger picture you no longer see the world as consisting of meaningless or isolated events. You may want to cultivate the belief that all things are working together for good even though we may not understand why certain things happen. This is where faith in a Higher Power is helpful. Good can result from even the most tragic occurrences.

Inner peace is an inside job. We need to be willing to view life in a way that empowers us rather than disempowers us. From a peaceful mind, we form a peaceful perception of the world. The world may seem insane. Cruel acts of some individuals illustrate the horrendous results brought on by feelings of separation and the lack of love and respect for our brothers and sisters. Blame and attack does not create a peaceful world. People must join together to change a belief system that isn't working. The place to begin is with ourselves. We need to accept responsibility for our own thoughts. In each moment we can choose peace instead of conflict, love rather than fear. Our thoughts can cause us turmoil or peace. We have the freedom to choose the contents of our minds. "Let there be peace on earth and let it begin with me." Our thoughts make up the world. We can change them. We can change the world by changing our thoughts about it!

To Be...

- Be understanding to your enemies.
- Be loyal to your friends.
- Be strong enough to face the world each day.
- Be weak enough to know you cannot do everything alone.
- Be generous to those who need your help.
- Be frugal with what you need yourself.
- Be wise enough to know that you do not know everything.
- Be foolish enough to believe in miracles.
- Be willing to share your joys.
- Be willing to share the sorrows of others.
- Be a leader when you see a path others have missed.
- Be a follower when you are shrouded by the mists of uncertainty.
- Be the first to congratulate an opponent who succeeds.
- Be the last to criticize a colleague who fails.
- Be sure where your next step will fall, so that you will not tumble.
- Be sure of your final destination, in case you are going the wrong way.
- Be loving to those who love you.
- Be loving to those who do not love you, and they may change.
- Above all, be yourself.

Sometimes our desires meet our expectations, sometimes they exceed them but they can never defeat them, only we can do that...thoughts are things!



Everyday Choices

We have choices to make in this life. How do we want to live? How do we want to see this life? How do we want to be? Each day can represent awareness, independence or victimhood and despair. We have the power of choice and the courage to march forward always wanting the new ways, the advanced perception of being.

Our consciousness produces the undesirable experiences of life. The outer world is secondary to the inner world of consciousness and our focus changes from without to within. The higher aspects of living or values are ways of thinking and acting.

It is helpful to start and end each day by giving up any resentment toward anyone and everything that stirred your emotions negatively. Begin and end with forgiveness. That includes everything—the whole world is being what you want it to be and, above all, yourself.

When we give up aggravation and annoyance, it is dissolved into the process of the natural order of things and swings immediately into action to reveal harmony. Living a quality life requires a forgiving heart.

Each moment involves making choices of how to live. Whether the actions you make are judgments, thoughts or physical actions, they are creating who you are. Actions either raise or lower our consciousness—either open or close us from connection. Living with an attitude of forgiveness and non-judgment makes each day easier because you begin to live your life from a higher awareness. The more judgments you remove from your thinking, the more you open your heart to give and receive love.

Judgments create energy blocks. Each of us has opinions and preferences. We are entitled to them. But preferences and opinions are different from judgments. The goal is to clear any impediments and obstructions in your thinking or actions. Judgments are energy blocks that keep you from growing and loving.

“There is nothing more remarkable in the life of Socrates than that he found time in his old age to learn to dance and play on instruments and thought it time well spent.” Montaigne

Did you know?

*There are so many kinds of apples, that if you ate a new one everyday, it would take over 20 years to try them all.

*People who laugh a lot are healthier than those who don't.

*Laziness and inactivity kills just as many people as smoking.

*A human brain has a capacity to store 5 times as much information as Wikipedia.

*Our brain uses the same amount of power as a 10-watt light bulb.

*Our body gives enough heat in 30 minutes to boil 1.5 liters of water!

*Stomach acid (conc.hcl) is strong enough to dissolve razor blades!

Author unknown but appreciated

*Trust in God, but lock your car.

*God has not made many of us lawyers—but He has done something more for all Christians. He has subpoenaed us all as witnesses.

*A lot of us would like to move mountains, but few of us are willing to practice on small hills.

*There is a story about the traffic cop who was handing a priest a routine ticket. “But officer, I am only a poor preacher,” pleaded the recipient.

“I know,” replied the policeman, “I've heard you.”