Inner Peace
“Do not let the behavior of others destroy your inner peace.”

Dalai Lama
PEACE is a feeling, a state of being that is calm, trusting, and non-resistant; it allows and it seeks to be available to the power of the flow of life and leans into inquiry with respect and authenticity.
PEACE is like an agreement between the elements of water and rock in a stream. In a mutual pattern of expression, they flow together, moving and being totally still and yet both are changed by the relationship and the non-resistant agreement.
The water gets to move forward, be energized by the journey and yet is also able to be fully still, and the rock gets to be the guide for the journey and to slowly and peacefully round its sharp edges.
“Peace is the result of retraining your mind to process life as it is, rather than as you think it should be.”

Wayne W. Dyer
PEACE becomes the natural choice for it allows the Law to follow accordingly, and all steps are now stemming from the correct inner order – PEACE
There are three simple, powerful words that help us shift from conflict to peace:

“Tell Me More.”
Peace is a day-to-day problem, the product of a multitude of events and judgments.

Peace is not an “is,” it is a “becoming.”
“You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level.”

Eckhart Tolle
Peace is a paradox and a mutual agreement: We cannot be in peace until we know that the Spirit is the only effect in our lives. AND we can’t begin to really know that or live that until we learn the many pieces of PEACE and peacemaking within ourselves so that we have calmed the waters enough to be able to be still and know that I am God.
Steps to re-establishing peace:

NOTICE when I am in conflict, emotions, irritation, aggression, anxiety, and any other face of duality and fear.
BREATHE and remember
I am a place of PEACE.
TRUST LIFE – remembering that I can more easily release my justifications, needs to control, to judge or blame or feel unworthy or any of the crazymaking that happens in moments of unmanaged reaction.
GIVE THANKS – it is the natural thing to do. When the grace and ease of PEACE takes hold, a softness, like the rounded rock, now holds a new and powerful space of PEACE, and I am so grateful.
“We don’t realize that somewhere within us all, there does exist a Supreme Self who is eternally at peace.”

Elizabeth Gilbert
Things come together by appearing to be falling apart
“Inspiration without Application is Hallucination.”

Ernest Holmes