

Creating Your Inner Peace Vision

4 Key Areas for Inner Peace

- * Physically - self-care/willingness to act or express yourself
- * Mental - Beliefs/calm mind
- * Emotional - "loving what is"
- * Spirit -resting in awareness

*How important is inner peace to you? On a scale of 1-10, what is it for you??

What is INNER PEACE? (GROUP DISCUSSION)

- * a calm, quiet mind
- * a CALM, QUIET mind, emotions, body, relationships, environment (it's all inter-related)
- * feeling grounded and at ease -- even in the midst of activity!
- * positive thoughts and emotions
- * "absence of anxiety"
- * accepting what is
- * a sense of well-being, joy, aliveness
- * being in harmony with goals/dreams - alignment
- * sense of balance
- * feeling of "okayness"
- * It's a choice.
- * Embracing reality
- * Loving yourself
- * A vibrational frequency
- * Being in integrity wiht ourselves
- * Being guided by Spirit
- * in the NOW
- * a natural state -- like a calm pond
- * excellent - "signal to noise ratio" to listen to your INTUITION

INNER PEACE is about ALIGNMENT with "what is" -- with yourself, with others, with the world, with thought/feeling/emotion, with your purpose

Closed Eye Visualization EXERCISE: What does a life of deep inner peace look like for you? How do you spend your time each day? What nurtures your soul? How much productivity versus space is in your life? What feeling and emotions are alive inside of you? What elements are a part of your life? What has been eliminated from your life? What is your relationship with yourself? How do you handle obstacles, challenges and unexpected disappointments?

***What elements are present in a life that includes extreme inner peace?**

(GROUP DISCUSSION)

- * congruent with life
- * self-sovereignty
- * observing what matters
- * appreciation
- * focused more
- * paying attention
- * time in nature
- * spaciousness
- * pleasurable things
- * connecting with others
- * free time
- * waking when "done" sleeping - feeling rested
- * morning rituals
- * deliberate action
- * fluidity/flow
- * CLARITY
- * realistic - kind to yourself
- * I am connected to the unlimited abundance of the Universe
- * Calm, joy, flow, love, connection
- * Clarity of what I really want
- * Responsibility - "responding to Spirit"
- * Oneness
- * Connected to the bigger picture
- * breathing slow
- * feels like water - it flows
- * clarity in vision
- * Clarity of the senses
- * present in the moment
- * stillness
- * simplification
- * less to do
- * trading "goods" to "great"
- * Mindfulness vs. autopilot*

CONSCIOUS COMMITMENTS:

1. Play with the following INQUIRIES and come prepared to chat about them next week. Notice your sense of inner peace over the next week.

****** What are your BELIEFS about experiencing inner peace? About experiencing inner peace and SUCCESS?

***** What does the dance between success and inner peace look like?

***** What interferes with your inner peace?

2. INNER PEACE VISION: Write a vision for your own inner peace. Assume you can really experience this on a daily basis. Just a paragraph is fine. This will be your assignment next week. Get those juices flowing.

Alrighty...have fun playing with INNER PEACE. This is a universal "emotional muscle" -- get ready to develop beautiful "inner peace biceps" from here forward.