

Mary Allen: Let me officially welcome you to Momentum Mastery Monthly. Today is our Inner Peace call in the month of October. The focus for today is about creating your inner peace vision, which, of course, is rather timely given that I am just back from the five day Inner Peace Immersion retreat in Joshua Tree, California.

We had a phenomenal event, that truly, truly exceeded my expectations in so many ways. As we invited participants for over five days to just continually drop into a deeper and deeper experience of inner peace, of awareness, of consciousness; We gave people lots of tools to quickly transform back to a place of inner peace, since we humans can occasionally slip out of that zone.

Then finally, we looked at practices and ways to integrate this new awareness around inner peace on an ongoing basis so that it really can be an everyday experience.

So, I can't think of a better time to be talking about creating your inner peace vision than after being immersed in that myself for many, many days.

So, I just want to welcome everyone here to the call. Great to have you here on the line tonight. And to kick off our dialogue tonight, why don't I just really throw out the question? How important is inner peace to you? If you were to check in with yourself, on a scale of one to 10, how important is inner peace to you?

Of course, if you're listening to this call live or you're listening to this as a recording, if you're listening to anything that has Inner Peace in the label, we might assume that while it's kind of important, but just to really check in with those of you that are here on the line. On a scale of one to 10, what is your level of importance around inner peace? Who would like to share?

Catherine: Oh, I can jump in there, Mary. I always have something to say.

Mary Allen: Yeah. Please do.

Catherine: Oh, it's just so incredibly important. It's off the charts really, because it's so nice.

Mary Allen: Yeah.

Catherine: It's so delicious that I caught myself today as a huge, huge, huge drama and in the ups and downs there for me around my particular

issues, and I get nailed. I know exactly about using my practices and the tools that I know work. When these get desperate I lean in and do those real good.

Mary Allen: Yeah.

Catherine: When the flow starts like, "la-dee-dah", and I go on vacation.

Mary Allen: Yeah.

Catherine: Then I got nailed. I feel a little grateful for it. And so, I've committed in front of you guys and in the other accountability group that I have to just stick with it when things are going great even more so.

Mary Allen: Right. Right. Right. Yup.

Catherine: I can't wait to try it to see what happens, because it's a new thing to address that.

Mary Allen: Yeah. Yeah.

Catherine: My own self.

Mary Allen: So, on a scale of one to 10, where does it rank?

Catherine: Oh, it's a 10. It's a leader for me.

Mary Allen: It's a leader for you. Perfect.

Fabulous. Fabulous. So, good. We really spent a lot of time with this at the Inner Peace Immersion retreat, and it's really looking at that juncture. If you're in a place of inner peace, and then something pulled you out of it. So get really, really curious about that point, that transition, in going from inner peace to non-inner peace. Then, on the flip side, look at when we get disconnected. Sometimes, it's sort of like somebody bumping out our shoulders.

The next thing you know we're disconnected. We almost didn't even notice it until all of a sudden things become a little bit more challenging or difficult. Or all of a sudden we're more irritated with our significant other or spouse. Or we sit down to work on a creative project that things don't flow, and we're like, "Grr!" Something's not quite all dialed in and connected.

But if we can get curious, again, when we're in that moment, as Catherine you were referring to and bring in the ingredient of willingness and really begin to up close and personal really see what happen – you know, what it is that allows me to make that shift from – hmm – unplugs in the power so our – the electrical cord is out of the wall socket and like what allows us to put it back in?

And the more we can pay attention to that and become masters of that transition back in to inner peace, pretty soon it can become seamless to where we have less of those getting bumped out of inner peace.

So, who else? Who else on the line would be willing to share how important inner peace is to you on a scale of one to 10?

Clark: Hello there. This is Clark.

Mary Allen: Hey, Clark.

Clark: I'm dealing with your question here. I'm dealing with your question. One to 10? It's a delicious phase too, as you put it though, isn't it? But I don't think I can really put it up as a 10. I don't think I've ever had a 10. I think I've always had it as a nine, but not a requirement. So, probably a six.

Mary Allen: A six?

Clark: Quite not having it as a 10.

Mary Allen: Great. Great to notice that, too. And when we don't make it as much of a priority, we may or may not have as much as we would like.

Clark: Well, little things are demanding your attention. You tend to put aside this powerful place where you can do matters that are urgent. So, there's a difference between urgent and important.

Mary Allen: Mm-hmm.

Clark: So, right now, what I'm busy worrying about here is urgent. Maybe it's time to look at what's important. Right?

Mary Allen: Right. Right. Beautiful. Beautiful.

Clark: So, now, I'm thinking about it.

Mary Allen: Okay, and where were going in the rest of the call today, who knows? There might be some things that you take from the call that you can take with you back into the world.

Clark: Tools. Okay.

Mary Allen: Yes. And who else would like to chime in? Scale of one to 10, how important is inner peace to you?

Clark: Hmm. Yeah. I think I've put it in there. I am immature in my awareness. I only have about like a six or seven.

Mary Allen: Yeah.

Clark: But I haven't become skilled enough to appreciate it maybe as best as I should. So, I'm a beginner.

Mary Allen: Yeah. Well, and that's all good. That's all good.

Clark: Yeah. Well, it's better than having just a one, right?

Mary Allen: Absolutely.

Clark: Okay.

Mary Allen: Absolutely. So, who else? Scale of one to 10, where – how important is inner peace to you?

Michael: Hi, Mary. This is Michael.

Mary Allen: Hey, Michael.

Michael: I'm going to have to go at the end of the grain. It actually fluctuates for me.

Mary Allen: Okay. Good.

Michael: Between four and eight.

Mary Allen: Okay.

Michael: I am estimating. But it really depends on where I am in my life. When I start to get stressed, when I start to notice that I'm starting to be overwhelmed, then inner peace becomes more important to

me. But in other times, when I am very at peace and everything, I don't even pay attention to it. It becomes less important to me.

Mary Allen: Hmm. So, great to notice. Just where it falls on the scale. I love that, and it's true, too. There's maybe sometimes when we get caught up in something that we're doing that we are really willing to sacrifice some short-term inner peace to focus on a goal or...

Michael: Productivity.

Mary Allen: Mm-hmm. Something like that.

Michael: Mm-hmm.

Mary Allen: Well, let's – let me just try this out as a question. What is inner peace? We'll kind of throw this out as a group discussion. I'll chime in with my own comments. So, what is inner peace to you?

Catherine: Well, this is Catherine. I can start the round again.

Mary Allen: Okay.

Catherine: For me, it's the lack of caring what anybody else is doing.

Mary Allen: Hmm. Okay.

Catherine: Because my tendency is to get concerned and care about other people's drama that I'm related to. So when I notice, I'm not concerned about anyone.

Mary Allen: Yeah.

Catherine: That's pretty tangible for me.

Mary Allen: Right. I would adjust that as maybe it's not about not caring, but it's about accepting where people are at.

Catherine: Yeah.

Mary Allen: Like really just 100% embracing where they are, and what they're doing, and how they're responding to you or not responding to you, and what choices they're making or not making. We're really able to include and embrace whatever.

Catherine: Yeah. That's good. My son is unemployed right now. It could be a huge break for me. In other times of my life, I would be stirred up.

Mary Allen: Uh-hmm.

Catherine: I'm not. I'm not. I really was able to let it go and figure that he's 29. He'll grow from it.

Mary Allen: Okay. That's good. That's good. And who else would chime in on that? What is inner peace to you?

Mary Allen: Michael? Do you want to chime in on that?

Michael: Sure. Inner peace. Let me think. One of the things it is for me is being congruent in my life.

Mary Allen: Mm-hmm.

Michael: Being who I believe I am, what I do and how I feel all being in sync.

Mary Allen: Yeah. Beautiful definition. I like that. So being congruent in your life with who you are and how you're showing up, right? Your actions are reflecting your values and a sense of integrity and authentic expression.

Michael: Yeah. Exactly.

Mary Allen: Yeah. Okay. Great. Great. Great.

Michael: Good.

Clark: I was talking thoroughly but I had my mute button on. So...

Mary Allen: Oh, okay. There you go. So tell us again. What is inner peace to you?

Clark: So, I was doing an inquiry - what is IP? And usually that means Intellectual Property, but I'm now using it as inner peace. So, I thought that's when you're really kind of sovereign with yourself. You don't really interact with the noise of the world. So, I put down self-sovereignty with one way describing it.

And I'm thinking even if you're peaceful, you've got to be peaceful in a pool of other people who are also making noise and racket in attending to their life.

So, my thought was, "Is that really getting a perspective of what's important and what really matters?" There is noise, and there is franticness and all that. Then there are things that really matter. Is that when we get peaceful? When you observe and you say, "What really resonates with me and what really matters? And what's just noise?"

Mary Allen: Mm-hmm.

Clark: So, I work on that. The last stuff up there was when you are just claiming yourself. In other words, in one case, you give yourself to the world and to the demands of the world. And in the other case, you just sit there in a place and claim yourself. "This is me, and I don't need to respond to the racket." So, those were my thoughts.

Mary Allen: Yeah. Good. Love it. Love it. Love it. Now, that reminds me of my very favorite quote, which is "Peace: it does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart."

Clark: Hmm. Okay.

Mary Allen: Mm-hmm.

Clark: Got it.

Mary Allen: And I love this self-sovereignty. I think I just get this image of being able to move through life without the buttons getting pushed and without a frenetic sort of energy. But it's just like immune to all the dramas of the world in a way.

Clark: Ooh. I like that. Immune to drama.

Mary Allen: Yeah. Immune to drama. Fantastic. Anyone else want to chime in? Got a few more people that have joined the call here. What is inner peace? If you're in the webcast listening there, you're certainly welcome to type in any response, and we'll include those.

So, let me offer up how I would define inner peace. Inner peace is really about aligning. It's all about alignment.

So, it's aligning with *what is*. It's aligning with yourself, who you are, your values, your sense of integrity. It's about aligning with others, as Catherine pointed out; really letting them be who they are and letting them be who they are not. It's about aligning with the world, allowing all the things that go on in an outside world.

It's about aligning with your thoughts. It's aligning with feeling, emotion, and your sense of purpose. So when there can be alignment, we've got some version of inner peace going on.

Of course, counter to that would be *resistance*, right? If there is any kind of a pushing against or not accepting or fighting what's going on in some way - energetically, emotionally, mentally, even physically, then, we may have some interference with our sense of inner peace.

So, let me guide you. We're going to do a little closed-eye visualization here. So, I'll just invite everybody to relax into wherever you are right now.

Close your eyes gently and get in a really comfortable position wherever you are and take a deep breath in. And then, a nice exhale. Just letting go anything about the day – any thoughts, any tension that you may notice still in your body, taking another deep breath in and another big exhale.

Just letting that all out. Because that feels so good, taking another deep breath in and taking a deep breath out exhaling and just allowing all of our energy to begin to rest here in this moment; not concerned about what took place, even five minutes before this call; not concerned what's going to happen after the call; but just really allowing your being to begin to rest here in this moment. Noticing your chest rise and your chest fall; noticing the thoughts melting away.

As you're resting here beginning to contemplate the question of what does the life of deep inner peace look like for you? What does it look like? How do you spend your time each day? How you get up and interact with the world? What things you do to nurture your being, whether that's with food choices or physical exercise, spending time outside in nature on a daily basis, stopping to take in the sunshine or put your feet in the grass; noticing how aware are you throughout the day?

Observing activity coming and going, emotions coming and going; thoughts are rising. Really checking in with a life of inner peace, how much productivity versus space is in your life? How much is there *doing* versus *just being*? What's the right amount for you?

Noticing when your life is really flowing in a place of alignment and a place of inner peace, what feelings and emotions are alive inside of you? What elements are parts of your life? How much

interaction with people that you love doing the things that nurture your soul? How much order is in your life, systems and structures that support you financially, support your health that support your physical environment?

And when you're really living a life of inner peace, what are you doing to stimulate and grow your mind? What kind of conversations? What are you reading? What engages the mind in a thought-provoking way? How do you honor your true nature, whether you're in a masculine body or feminine body? What does it really need to be at its best?

Noticing what else allows you to drop into a place of inner peace on a consistent basis. Is there meditation? Is there stillness? Notice what may be eliminated from your life. If you are truly embracing a life of inner peace, what wouldn't be present in your life?

Now, checking in with yourself, what's your relationship like with you when you're really most aligned living from everyday inner peace? How do you treat yourself? How do you encourage yourself? How do you respond to needs like hunger, thirst, sleep, giving yourself time for pleasure? How do you hold your value in the world appreciating you, caring for you? How do you dance with relationships in your life? How do you embrace the ones that are really fabulous? How do you embrace the ones that are really a bit more challenging?

Noticing when you're most at peace, how do you respond? How do you respond and handle any obstacles, any challenges, any unexpected disappointments? When you're really in a place of inner peace, how do you adjust? What kind of request do you make? What kind of choices do you make? Do you achieve to embrace what is? Just notice.

And when you're living a life of inner peace, how do you embrace those unconscious aspects of yourself? What I mean by that is when somebody pushes the button or when you notice a reaction arising, how can you embrace those parts of yourself in a loving and kind way. Just allow yourself to continue to notice what a life of everyday inner peace could look like for you? Just noticing how you may feel a sense of oneness, a sense of embracing everything that life shows up.

And then taking a deep breath, one more final deep breath and a big exhale. Just noticing anything there is about your vision, your vision of everyday inner peace.

Then I invite you just to gently open your eyes. I'm going to take us back into interactive mode. So, as you took a little peek about your vision for everyday inner peace, what elements are present in a life that includes inner peace?

Who wants to jump in on that?

Catherine: This is Catherine. I love that exercise. It is just so peaceful, but just to consider all of those different angles. I would say that my sense for myself is that I really have appreciation for how far I've come. I know so many wonderful tools that I'm getting more aware of a time of using them when I need to. But I tend to be hard on myself and think I should be all of a sudden.

In having you go through, that helped me realized that I could have my own back and say, "You're a work in progress, and you're doing great." But I have to do the tools so I have to be alert to when I flip every response. That's my part.

Mary Allen: So, I'm hearing one aspect that you're encouraging to yourself and appreciating yourself, and that also embracing certain tools that allow you to navigate back to inner peace when it gets disrupted.

Catherine: Yes. Many years ago, 30 years ago, I could think into a depression that could last three or four months. Then I would come out of it. Over the years just medicating with some drugs the doctors thought would help. It's the same thing, when I started a long depression back then. It's just being able to address what feels different and step out of it and know that you can. Yeah, so powerful.

Mary Allen: Yeah. Anything else that you notice? So, what other elements were present in your vision of inner peace?

Catherine: Me?

Mary Allen: Mm-hmm.

Catherine: Oh, the major part, of course, because it's just so magical. I had to miss it for two days this week, because of rain. I just chose, "I could have gotten in the rain, and I will." Sunday morning I wrestled to get back out there. Some of it was huge for me, in smelling the flowers and attending to nature. It's really, really, really important for me, because then I could feel when I'm outside of that.

Mary Allen: Well, and Mother Nature is so nurturing. It's really the divine feminine. It fills us back up.

So, who else would like to share? What elements are present in your vision of inner peace? Who would like to try?

Yeah?

Claude: If I'm not worried about what people thought of me, I could enjoy nature more.

Mary Allen: Good.

Claude: I think I've been doing it every morning. In the morning, I have that inner peace, because I find the time when I get up at 7:30 to take my dog out, I'm still fortunate enough to do things that I never observed before. I listen to different types of birds that are flying around. I look at the trees, the leaves of the trees. Sometimes I'm feeling the blues upon myself, and I'm so calm because at the time I'm doing this, I'm taking the deep breathing exercises. I used to feel just completely at ease. At that time, I'm not concerned with what I don't have. And as far as to think about what I do have. I thought of a spirit of gratitude for the things around me. I pay more attention to nature.

Mary Allen: Yeah.

Claude: At that time, for that one hour in the morning time, I'm out of it.

Mary Allen: Yeah.

Claude: No concerns, no problems, no worries about nothing.

Mary Allen: Beautiful. I love that. I love the words, "paying attention." It's really bringing our presence to what is. What if all throughout the day we could bring that same kind of, what I'm hearing almost like a sacred attention to everything that we're interacting with? With the same kind of fascination of engaging with the bird or being with your dog or being outside.

Claude: You just have to visualize.

Mary Allen: Yeah.

Claude: You know, I'm focused more. I'm focused more, because it's hard

sometimes where you'll be focusing on those things and something interrupts you. I'm thinking about the car that is approaching me, the car that is leaving my presence, you know.

Mary Allen: Right.

Claude: I would listen to the different sounds of the trucks, the cars, the SUVs.

Mary Allen: Right.

Claude: I see different types of birds chirping outside. I would see what that bird is.

Mary Allen: Yes, yes. Definitely.

Claude: I'm paying more attention at the moment. I'm trying to be in the moment.

Mary Allen: Exactly, exactly.

Claude: I'm trying to be in the moment, because a lot of times we wander off a lot of times. We're trying to get in the mood. We wonder about what happened yesterday, what I've got to do two days from now.

Mary Allen: Right, or like five or six things going on simultaneously.

Claude: And I try to get away from that. I want to be right in the moment.

Mary Allen: Right, right. I like the other thing that you said really is also being in appreciation. So, you know, if we can take whatever is coming our way, whether it's a surprise that wasn't exactly part of our itinerary for the day, but really to appreciate that really take it and thrive...

Claude: Yes, and try to turn everything around. Anything maybe that comes my way, I try to turn it into a positive explanation. It's something like that, you know.

Mary Allen: Yeah, right. Well, the more we can welcome each element really into our life and be with it one at a time as opposed to trying to be with multiple things all at the same time.

Claude: Oh, yes. With me, that's inner peace.

Mary Allen: Beautiful. Thank you for that.

Claude: I want to get to that level. I want to get there.

Mary Allen: Yeah, beautiful.

Claude: Yes.

Mary Allen: So, who else? What other elements were present in your vision of inner peace?

Michael: This is Michael.

Mary Allen: Yeah, Michael.

Michael: I'm not sure what it means, but when you were talking a few minutes ago, my mind kept drifting off to a vision of light. And I started thinking about that. Why does that keep coming back? And then I started to realize I don't very often feel inner peace at night.

Mary Allen: Interesting.

Michael: And I have no idea what all that is about, very strange.

Mary Allen: So, if you were to have inner peace at night, what would it look like?

Michael: I don't know.

Mary Allen: What elements would be present? You know, we can kind of feed off of some of the things that have already been said in terms of appreciation or focused attention, paying attention, being present. You could talk about really embracing what is. So, really somehow I'm guessing there could be just as many things to appreciate in the daylight as in the nighttime. Yeah?

Michael: My children.

Mary Allen: Ah.

Michael: At night, before I go to bed, I always go check on each of them. And I feel a sense of inner peace as I look upon their sleeping faces.

Mary Allen: Oh.

Michael: Love.

Mary Allen: Sounds to me like you've already got some inner peace going on in the evening. So, what might be one thing to shift in order to allow greater inner peace all throughout the day and evening?

Michael: Oh, that's a tall order. One thing to change everything?

Mary Allen: No, just one thing that could increase the amount of everyday inner peace for you. What could that be?

Male: I got one.

Mary Allen: Okay. Yeah.

Male: Just living in quiet would be nice. Figure about how much intrudes upon your mind. Sometimes it's nice to find things that are quiet.

Mary Allen: Yeah.

Male: That's just my first step to finding inner peace. How do you say it? Often that's not really available. If you make that a minimum requirement, you might have a difficulty finding inner peace.

Mary Allen: And where can you claim some quiet?

Male: You need at least a conscious effort to get away from the world's claiming your time or attention. I think the noise is not necessarily a noise. I think it's the calling of others or the choice of others on your attention. So, maybe inner peace is on your cycle on a low traffic road. That might be an inner peace moment.

Mary Allen: Yes, yup, yup. Exactly. Knowing you, I know you've got a little bit of a commute and that time in the car with no radio on, no cell phones, or anything else, but just really taking that time as a place of stillness.

I've also got clients that are busy executives. To make their transition home and in order for them to be more present with their families, we actually build in that they stop by a park or something on the way home. Literally stop and park to claim 5 minutes or 20 minutes - whatever they can fit in before they go back and open the door either to their families or spouses to be fully present and available for them. So in a way, putting on the oxygen mask first for yourself.

I've got another client. She's a busy doctor. Both she and her husband were physicians who work together. And she would transition home to an eight-year old daughter. She would first take 30 minutes before relieving the nanny and either take a nap, meditate, or read a book. In some way, she claims that time to where collectively that energy can rest back within her.

Because when we have some kind of a base period, we first have to know where that place of inner peace is and how to access it. For many of us, it can be just a manner of stopping, closing our eyes, taking a couple of breath so that we can drop right in.

So, first we want to have a base. Second, we want to go back to that base as often as we can. The more we go there, the easier it is to access so that when things are really super crazy, that it really can be a matter of, "Okay, you know what, I'm just going to walk outside." I sometimes do this at lunch where I've got literally 30 minutes max for lunch, but I grab my plate of food, go out on the back porch and just stop and get really present and really allow all the nature around me and the fresh air to just kind of recalibrate me.

I think **quiet** is definitely a big one.

And if we begin to think about it, we can almost do that. We can do it anywhere as long as, we get to take it with us. So, as long as mind chatter is going, we might be quiet away from other people. Then the big trick is, can we also be quiet in our own minds? Can we train our brains enough to give us a time out in order to just re-center us? Very good.

So, any other elements to your inner peace vision that you noticed? I'll share some things that other people wrote. I've led this class actually many, many times, so there's sort of a collection of answers here. **A sense of spaciousness. Pleasure-ful things.** Lots of **connecting with others.** There's **free time.**

Here's a good one: **waking when done sleeping, feeling rested.** I know physically it's like the more sleep I have, the easier there's access to inner peace. You start taking away that sleep, I can almost feel like it's one of the necessities to really feed the body.

Morning rituals. Here's a nice set of words: **fluidity and flow, clarity, being kind to yourself. Clarity of what I really want.** When we are in a place of inner peace, we could call it clear seeing, right? When there's not a lot of static going on, it's much

easier to decide what's really the “yes” for you of what you really want.

Connected to the bigger picture. Here's another good one, **breathing that's slow.** Breathing is a nice parameter. **Present in the moment, stillness, simplification, mindfulness versus autopilot.** There's a good one. **Feels like water, it flows.**

Less to do. And then, here's another one—**taking responsibility.** And we would use the word responsibility. It's responding to spirit.

So, any other pieces to your vision?

Male: I thought about clarity.

Mary Allen: Yeah.

Male: Because that's where I was going. And being kind to yourself. So I think maybe I have to have self respect. Yeah. So in other words, I discard the call to be attended to others. That's a healthy thing to do.

Mary Allen: Right, it really is. And actually, we might say that it's actually more serving of others.

When the phone rings, if I've got an appointment, of course, I respond to that. If the phone rings and I know I can't be fully, 100% available for the person that's calling, I don't answer the phone. And it's not because I don't love them. It's not because I don't want to engage with them or respond to them. I know that less of me shows up if I'm not fully available. It's not a good service to others.

So it's one way to reframe always needing to respond to people's demands.

Male: So, are you just putting it out there that if you're taking care of yourself and becoming as you call it “more people, more functional, more aware,” that that's not necessarily being selfish. If you take care of yourself, you're more able to engage to the rest of the world.

Mary Allen: Amen.

Exactly. Ultimately, it is about contributing and supporting and servicing everybody. If we're doing that from three things going on

and if I can't quite give our full attention, well, then, we might say maybe we can mix it up a little and come back to self first.

Male: Well, that sounds okay.

Mary Allen: Good, good, good.

There are four big elements that we talked about at the Inner Peace Immersion Retreat that were the big themes for inner peace.

We'll start with the **physical**. So there's a physical component to inner peace, which is really the **self-care** piece. It's also the willingness to act and to respond to the things that are most important. Some of you have got lots of momentum moving towards the goals that are most important to you. Some of you are cutting yourself off from really allowing yourself to go for fully what you want.

So the physical side is the **willingness to act, the willingness to speak your truth, to live in to your highest purpose and self-care**. So just checking in with yourself on that component. Where are the opportunities to up the ante there?

The second piece is with the **mental** side. On this side, we've got the mental side to inner peace, which is **"What do you believe?"** *What do you believe about the world? What beliefs create your world view? What beliefs are present when your inner peace is disrupted about what should or shouldn't be going on currently?*

In the mental category, it's also about **"Can you still your mind?"** When we're not at inner peace, one thing we can do is take inventory. What are we believing right now - about the situation; about what's possible; about what you can handle or not handle; about what's right or wrong; about what somebody else was supposed to do or not do. So, really looking at how our beliefs ultimately influence our inner peace.

Then, the third, of course, is the **emotional** side. This is really where that word *alignment* comes in to play big time - really loving what is, really embracing all the twists and turns of life, the surprises, loving and embracing what is.

And then the fourth element is the **spiritual**. I think of the spiritual as really about **resting and awareness**. Drop back into that part ourselves that is the witness, that is the observer. As we're sitting here, just noticing. As you're hearing the sound of my voice, it's

like, "Who or what is it that hearing the sound of my voice? Who or what is doing the seeing? Who or what is feeling body sensations?"

So we drop into the who or what that is aware in our life and we spend more time with our attention on that part of us that is aware and without being fully immersed in the movie of life. Now, that's really also where we can embrace greater, everyday inner peace.

We've got the physical, the mental, the emotional, and the spiritual. Physical as self-care, the willingness to act. Mental is all around your beliefs and how much thought activities are going on. Emotionally - how quickly we can embrace what is; and then the spiritual side is resting in awareness.

The line's open here. So, any additional thoughts or comments about your inner peace, the elements to inner peace in your life, any questions about what I just shared there—physical, mental, emotional, spiritual aspects to inner peace?

Catherine: Well, this is Catherine. Just thanks for a great call, excellent reminders as always, just some real good checkpoints and for everyone, all the comments were just really all knit together so beautifully this evening. So, I just appreciate everybody.

Mary Allen: Well, thank you. Thank you. Very good. And for the rest of you any other questions? What are you taking of value from today's call?

Claude: That we should make our main goal to seek inner peace at every chance that we possibly can, because it's very healthy. To me, it's very healthy and it's very beneficial, too. I find myself having a better attitude during the daytime now after I get the morning time to myself. It's like an out-of-body experience and getting away from all the cares and trouble of the world and things that have been bothering me, I could sleep at night.

In the morning time I wake up. I wake up refreshed and after my one hour, I'm ready to go out for the day.

Mary Allen: Yup. Yup. So true.

Claude: I go look at things and I turn it around to make it a positive situation.

Mary Allen: Absolutely. And I dare say that if you can drop in to a place of inner peace during that one hour in the morning, you can ultimately learn to take that with you all throughout the day.

Claude: That's my main objective. That's my main objective.

Mary Allen: That's a good one. You're speaking my language. I like to embrace everything as an opportunity. *How can I find inner peace here?* Who else? What are you taking of value from today's call?

Michael: It's the realization that I need to find more ways to have inner peace in the evenings, not just during the day.

Mary Allen: Yeah, that's a great noticing. There you go.

Michael: Thank you.

Mary Allen: Well, you'll have to report in on that for us. Very nice. Okay, we will make it a wrap for tonight.

Thank you all for your time, attention and contributions and to all of our extra listeners, too. We love you and wishing you much inner peace over the weeks and days to come.

All right, everybody. Bye now.

Audience: Thanks, Mary. Goodnight.
Thanks. Bye-bye.

Mary Allen: Goodnight.

[End of Audio]