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Peace Starts With The Mirror

By Darrin F. Coe, MA

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If you pay attention to the media, it seems like the world is evolving into a violent and psychopathic place. I think deep down the majority of people around the world desire peace. Jawaharlal Nehru once said "Peace is not a relationship of nations. It is a condition of the mind . . . Lasting peace can come only to peaceful people."

To be a person of peace and to pursue a life of non-violence a person must first look to themselves. A person must be at peace with themselves before they can be at peace with others and their environment. There are many factors that are involved in establishing peace with yourself. They require some personal effort and responsibility but they pay great dividends.

The person who pursues peace can live without fear; for who can question peace? Who can question non-violence? Only those cowards who live in fear resulting in violence and aggression will be offended by the peaceful person. What a person most derides may be their greatest fear.

Some of the factors involved in establishing peace with yourself are:

1. Engaging in forgiveness of yourself and others.
2. Accepting ultimate responsibility for you actions and circumstances.
3. Pursuing the discovery of your personal purpose in life.
4. Establishing a system of faith.
5. Letting go of things like revenge and personal offense.
6. Letting go of tradition if it is unproductive.
7. Renewing your mind, body, and spirit on a daily basis.
8. Developing humility.
9. Developing a perspective of the world around you that is not

based in stereotypes.

10. A study of, and incorporation of positive virtues
11. Pursuing a full life no matter your current circumstances.

Once you begin developing peace within yourself, that peace will spread outward to the world around you. First, your friends, and family, then your community, then your enemies, and outward to the world. This is the true path of global peace; one person at a time finding peace within themselves.

It is my belief that those who are most violent possess the greatest capacity for peace and

Peace Starts With The Mirror

non-violence. It all starts by accepting the challenge of examining yourself everyday and choosing peace over violence.

I encourage you to look in the mirror of your life and begin to put aside violence. Develop a new perspective towards friends, family, enemies, challengers, and the world at large.

Darrin F. Coe holds a masters degree in professional psychology and is the author of Bring The Noise: Warrior Poetry and the horror serial "Feeding Ground" Contact him at <http://dcoe1.tripod.com>

A Look In The Mirror

By Selena Richardson

That's all it takes to change the world. Take a long hard look in the mirror and really notice who you are.

We're all screaming for peace right now – not just world peace – but peace in our cities, in our workplaces, in our homes and in our minds. There has to be a better way to end this madness.

We need a new way of doing things. Yet we seem to be stuck in outdated modes of thought that have not been working. For if they did, we wouldn't be in the predicaments we are in now. The past will keep repeating itself until we make a conscious choice to go in a new direction.

Going in a new direction begins inside of you, of me, and of us as individuals. Until we change as individuals, only then can the world change.

One of my favorite quotes is from Mahatma Gandhi – 'You must be the change you want to see in the world.' So to have world peace we have to look in the mirror. Take a look and try to find the peace you're searching for in your heart.

If you can't find it ask yourself why. It's not missing – it's been there with you all along waiting for you to begin your search within. Peace isn't hard to find at all. You just have to dig from underneath all of the rubble – fear and anger. Once you push the fear and anger to the side peace will be in plain view.

When you find the peace in your heart you start to exude it. It becomes infectious. Joy soon follows and a sense of calm is not too far behind. All of this from one good look in the mirror. One hard look at who you really are. That's all it takes to get the ball rolling.

And it's easy to pass it on. Remind your loved ones to find their peace within. They'll know it can be done because they would have seen the transformation in you. Be a walking example of peace and watch how it spreads.

When others come to you full of fear and anger remember the peace within yourself and gently remind them that no matter how bad it gets it will eventually work itself out for the best.

We get what we dwell upon so if we keep our thoughts based on fear and anger that's what we'll

Peace Starts With The Mirror

continue to get. Instead let's focus on peace – peace within ourselves and let these thoughts multiply. Remember, be the change you want to see – so be peaceful within your heart and watch your world begin to mirror that.

Selena Richardson believes in following your dreams and creating the life you want. To receive more articles like this and a free ebook, subscribe to Creative Possibilities by sending a blank email to

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