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Twenty Ways To Inner Peace

By Sibyl McLendon

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- 1.Learn to let go of the past.
- 2.Live for today.
- 3.Don't sweat the little things, and 99% of everything is little if you view it that way.
- 4.Find quiet time for yourself every single day without fail. You deserve it.
- 5.Raise your awareness level. Look at flowers, the sunset, your kids at play...
- 6.Spend time with peaceful people in peaceful places.
- 7.Eliminate every stressor that you possibly can from your life.
- 8.Find something that you enjoy doing and do it, even if you think you may not look dignified while you do it.
- 9.Laugh. A lot, every day.
- 10.Count your blessings every night before you go to sleep.
- 11.Find some grass and sit in it. Lean your back against a tree. Listen to the birds singing and daydream.
- 12.Read peaceful books, listen to peaceful music and play peaceful games.
- 13.Learn, for once and for all, that no one can disturb your peace unless you allow them to.
- 14.Forget trying to control others, it will never work.

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15. Establish a dialogue with something greater than yourself. Talk to the Creator and listen for the reply.

16. Tell every single person that you care about how you feel.

17. Forgive any and every one who has ever hurt you.

18. Let go of expectations.

19. Stop and think before you talk. You will spend a lot less time having to eat your words.

20. Make today be the best day possible, and the future will take care of itself one day at a time.

Sibyl McLendon, a Navajo woman living in the American Southwest, is a personal empowerment coach for Circle Of Grace <http://www.circle-of-grace.com> Sibyl can be contacted at sibyl@www.circle-of-grace.com

Peace On Earth

By John Cali

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John Cali

Well, it's become a tradition around here, at this holiday time of year, for us to re-publish a couple of our more popular newsletters from years back. We re-published "Gratitude" last month, and this month we're re-publishing "Peace On Earth."

This week, many of our world's cultures celebrate Christmas. And our thoughts turn to world peace. Or, perhaps, to the lack of it. Joseph's old message "Peace On Earth" is not only timely in these trying times, but also timeless.

I wish all of you and your loved ones a most blessed and beautiful holiday season. Whatever your religious or spiritual beliefs, may you find joy and peace in this season of celebration — a celebration of all life in all its seasons.

Chief Joseph

On your earth plane, you often have "peace meditations." And yet every individual's definition of peace is different. There are as many definitions and kinds of peace on your planet as there are people walking upon it.

Generally, we are not in favor of peace meditations. Why? Because everyone comes to the meditation

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— or whatever the gathering is — with different, often conflicting, ideas of what peace is. And that defeats the very purpose of your coming together.

However, let us say this: Those who enter into these peace endeavors are coming from a pure heart, from a pure intention. There is certainly no malice in them.

But the only way you can create "peace on earth" is to first create it within yourself. This is a premise many on the earth plane have missed.

You must be at peace within yourself — you must have found peace for yourself — before you will have any peace to give others, before you will ever be able to show others the true path to peace.

And when you do create this "peace on earth," know this: you will all still have different ideas of what peace is. There will never be, in your experience in this lifetime, a time when all will agree on just exactly what peace on earth is.

You did not come into this particular incarnation — at this particular time in your human history, at this particular time in your own individual history — to create total peace on earth.

You came to this planet at this time to experience diversity, not oneness. And in that diversity you will all find joy, once you allow the diversity to be okay. Once you allow yourself, and all others, to be okay just exactly where you all are right now.

In that allowing, and only in that allowing, will you ever find peace on earth.

Peace will never come to earth unless you see — and understand — all will never be one and the same. You are all diverse and different.

You will find peace — total peace — only in accepting and allowing the diversity, and in letting go of your need for sameness.

Peace be with you.

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Since 1992, John Cali has been communicating with a spirit called Joseph. In one of his many physical lifetimes, this spirit was incarnated as the legendary Chief Joseph of the Nez Perce tribe in what is now Oregon. Email john@greatwesternpublishing.org Website www.greatwesternpublishing.org Free newsletter at chiefjoseph-on@mail-list.com Private readings with Chief Joseph at readings@greatwesternpublishing.org



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