

How to find Peace & Serenity

Citizens For Peace
November 10, 2020

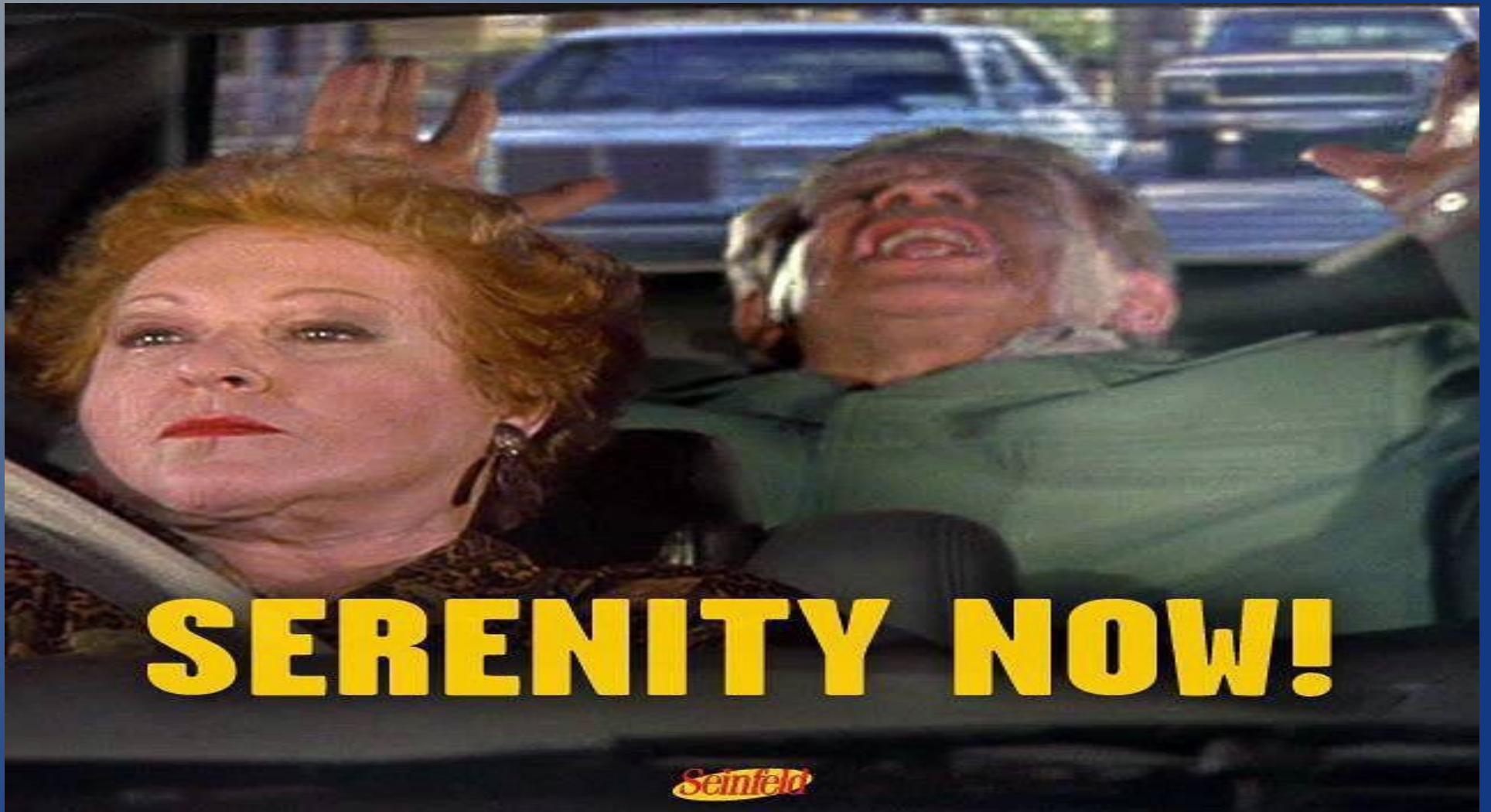
We live on a planet traveling 1,000 miles an hour and we are standing on plates that are jostling for position against each other, plus Mother Nature can be very unpredictable. We are sharing all this with a very diverse group of people who share different values and political points of view.



But it is a very beautiful place!



How can we keep our serenity in all this?



Humor Helps!



I like to think of our daily journey for
Peace like a stool



We can have three legs or even more if need be. I will explain mine.

- My first leg is body.
- My second is mind.
- My third is collaboration/interactions.

You can add more legs if you wish.

Body

For me it is important to take care of our body in order to interact with the world around us and to maintain balance. This for me means exercise, appropriate diet, maintaining good living habits such as getting enough rest, play and relaxation in the mix. These can be a challenge unto themselves but are essential for Peaceful living.

Mind

It is very important that we take care our mind and try to maintain good mental health. There are many things we can do for this one.

Meditation, relaxation, yoga, being aware of our feelings and emotions and taking care when they are affecting our lives. Keep lines of communication open when we are feeling depressed or troubled by talking to a trusted friend or professional. Keeping ourselves safe at all times.

Collaboration/Interaction

- Try not to be judgmental.
- Keep an open mind.
- You do not have to own another persons point of view.
- Be open to other voices and opinions.
- Being respectful of others.
- Find common points in discussion.
- Do not be quick to respond. Take your time.

Here are some other things I think are important when working on living a Peaceful life.

Remember the Human spirit needs:

- Work
- Fun or Play
- Friendship and Family

A favorite of mine

Clarity

Awareness the opposite of denial frees us from our confusion.

Emotional IQ

(helps us live a successful life)

- Do you know what to do with anger?
- Can you soothe yourself?
- Can you read feelings? i.e. from non verbal cues.
- Can you delay gratification?

When we are confronted by rage and anger.

It is important to remember we have options:

- We do not have to respond immediately
- Take a deep breath concentrate on your breathing.
- Count to three quietly to yourself.
- You can always choose to respond later and say you hear them and will consider what they are saying.



A favorite quote.

We act as though comfort and luxury were the chief requirements of life, when all we need to make us really happy is something to be enthusiastic about.

Charles Kingsley

Some favorites you may enjoy.

KEYS TO LOVING YOURSELF

1. Give up the need to be perfect.
2. Lighten up your attitude about your imperfections.
3. Forgive yourself, acknowledging that we learn from our past mistakes.
4. Live your life in a way that makes you feel good about yourself.
5. Stop comparing yourself to others.
6. Choose how you are going to feel about yourself regardless of what others are projecting.
7. Express your feelings and what is important to you without diminishing the other person.
8. Set aside time for yourself and what is important to you.
9. Separate *you* from your behaviors. It is possible to love yourself but not your actions.
10. Give yourself the proper foods, rest and exercise.
11. Reject anything that is harmful to you physically, mentally, emotionally and spiritually.
12. Learn to dialogue with yourself in a gentle, supportive and nurturing manner rather than being critical of yourself.

Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it.

Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing.

--Helen Keller

Natural Highs

1. **Falling in love.**
2. **Laughing so hard your face hurts.**
3. **A hot shower.**
4. **No lines at the supermarket.**
5. **A special glance.**
6. **Getting mail.**
7. **Taking a drive on a pretty road.**
8. **Hearing your favorite song on the radio.**
9. **Lying in bed listening to the rain outside.**
10. **Hot towels fresh out of the dryer.**
11. **Chocolate milkshake (or vanilla or strawberry!).**
12. **A bubble bath.**
13. **Giggling.**
14. **A good conversation.**
15. **The beach.**
16. **Finding a 20 dollar bill in your coat from last winter.**
17. **Laughing at yourself.**
18. **Midnight phone calls that last for hours.**
19. **Running through sprinklers.**
20. **Laughing for absolutely no reason at all.**

- 21. Having someone tell you that you're beautiful or handsome.**
- 22. Laughing at an inside joke.**
- 23. Friends.**
- 24. Accidentally overhearing someone say something nice about you.**
- 25. Waking up and realizing you still have a few hours left to sleep.**
- 26. Your first kiss (either the very first or with a new partner).**
- 27. Making new friends or spending time with old ones.**
- 28. Playing with a new puppy.**
- 29. Having someone play with your hair.**
- 30. Sweet dreams.**
- 31. Hot chocolate.**
- 32. Road trips with friends.**
- 33. Swinging on swings.**
- 34. Making eye contact with a cute stranger.**
- 35. Making chocolate chip cookies.**
- 36. Having your friends send you home-made cookies.**
- 37. Holding hands with someone you care about.**

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- 38. Running into an old friend and realizing that some things (good or bad) never change.**
- 39. Watching the expression on someone's face as they open a much desired present from you.**
- 40. Watching the sunrise.**
- 41. Getting out of bed every morning and being grateful for another beautiful day.**
- 42. Knowing that somebody misses you.**
- 43. Getting a hug from someone you care about deeply.**
- 44. Knowing you've done the right thing, no matter what other people think.**

Last but not least but most important



World Pledge

I pledge allegiance
to the world

To care for
earth, sea, and air

To honor
every living thing

With peace and
justice everywhere!