



Mastering Peace

A 21-day Practice in
Cultivating Inner Peace.

Chris Anama-Green

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PREVIEW

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Disclaimer: While inner peace work is powerful and can be emotionally and spiritually transformative, it is not a substitute for medical or mental health care provided by a licensed professional.

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I dedicate this book to each of my
spiritual teachers, including those who
were spiritual teachers in disguise.

Introduction

Hello! I'm so glad that you've decided to begin this journey toward *Mastering Peace*. This book contains everything you need to start living a more peaceful inner life. *Mastering Peace* is organized into 21 short daily readings, each coupled with one or more spiritual practices.

As you progress through each day's topic, you will have the opportunity to incorporate prayer, meditation, and/or reflection as you choose. Some of the words contained in this book are used by people around the world to bring comfort and peace to their lives. Others have been written especially for this book to help you cultivate deeper peace.

You will gain the most from this book if you view it as a practical workbook. Feel free to write in it, dog-ear it, highlight, or underline. (If you're reading this as an eBook, feel free to take screenshots or annotate using your eReader tools.) Do whatever you need to get as much as you can out of this powerful 21-day program.

Finally, be kind to yourself as you begin and as you work through these peace principles from day to day. If you skip a day, quickly forgive yourself and get back to it as soon as you can. If you skip more than a few days, feel free to re-start. You don't lose anything by taking your time, just as you gain little if you rush through the program. Go forward at a pace that works for you.

May peace be with you!

Day 1 | Peace is...

Peace is felt in the heart. Intangible, with more weight than a feeling, but less manifest than thought, peace is light and peace is power.

Peace causes us to act from a place of spiritual power. Peace supersedes fear, allowing us to think and to be at a high vibration. Our words are stronger – if spoken lighter. Our actions carry more weight and have a more positive impact.

When peaceful we feel strong, durable, impactful, and ready for whatever may come. Peace is focused on the present moment. Peace is serene – peace is a place of allowing.

When we feel peace and act from peace, we make the most impact and we feel better. Acting from peace means acting with the wisdom of the Universe behind us. Acting from peace means acting “around” the ego. The ego is still there, but it’s not in the way. All is well. Even that which seems to not be well will be will.

Peace is – most of all – a journey. Peace is perfection, although you don’t have to be perfect to experience it. Peace is knowing that you already are perfect in the eyes of God and in the infinite wisdom of the Universe. Peace allows us to “fall off the wagon” and get back on as many times as we need to do so.

The “great secret” of mastering peace is mastering acceptance and allowance. Accepting yourself – whether you feel peaceful right now or not – is the doorway to peace. Allowing yourself the time and experience to do so and gifting yourself the time to find peace – is the pathway forward.

Mastering peace isn’t about becoming perfect. It’s about discovering that you already are.

Today begins a great journey forward – a journey to find peace within yourself. As you’ll experience in the days ahead, peace begins with none other than yourself.

As we begin, identify one thing within yourself that you love. What is it about yourself that makes you happy – that you’re proud of? Are you kind to animals? Do you work hard to help others? Are you mindful? Pick one – and write it down. You may write it below, if you like, or you may start a peace journal.

I am proud of _____.

Be gentle with yourself as we journey forward together. Focus on the journey and forgive yourself for what you may perceive as setbacks.

If you “fall off the peace wagon” remember that tomorrow is another day and that you may always begin anew.

May peace be with you.

Day 2 | Peace is personal.

When I think about peace I think about my own peace. I know, deep down, that my inner peace is all that is within my personal control.

Though I may worry or feel the need to help others feel peaceful – I know that how others feel is their personal choice. Likewise, developing a sense of inner peace is my personal choice.

When I think about others and obsess over their problems I feel less peaceful. In the truest sense, the best help that I can give myself, others, and the planet is my own peace. Instead of allowing the experiences of others to stress me out, I can respond from my point of inner peace.

As I continue this daily journey, I know that personal peace will be my focus. Though I will meditate on helping others and approach life's questions with a sense of compassion, I will do so from my point of grounded-ness – my point of deep, purposeful, inner peace.

I go forth today with the words of the Dalai Lama, “do not let the behaviors of others destroy your inner peace.”

For Reflection:

What do you feel when you think of peace?

To Meditate on:

How does my inner peace affect those around me?

How can I work from a place of inner peace – truly "pulling" people into my peace rather than allowing myself to be pulled into someone else's mess?

Day 3 | When I feel peaceful, the rest of my life falls into harmony.

When I feel relaxed – calm – peaceful, the rest of my life becomes easier. Though challenges are ever present and difficult decisions and "the unexpected" are to be...expected, if I approach life from a vibration of peace, it flows. From this perspective, unanticipated problems aren't as bad and unexpected surprises are sweeter.

I know that on the Earth plane I will not live a conflict-free life, but I can choose to feel peaceful despite this. People who live with deep peace – including those we think of as "evolved" or "enlightened" – do not escape problems or conflicts.

As the saying goes – no one escapes death and taxes. That may be so, but it is our *attitude* toward the two and the level of attention we give them that determines our peace.

Do we allow these and other harbingers to destroy our peace or do we use them as points to express gratitude for the services tax dollars provide – the people fed and the natural world preserved with our contributions.

Even the idea of death should not rob us of peace. It is said that the enlightened one does not fear death. And so, it is.

New life begins at death – and death is the signal of a life lived with lots of lessons learned. Death is merely a

transition to the next thing – not something to fear or to pine for.

It has been said that our attitude toward that which we cannot control can either fill us or rob us of peace. Either option is a choice that each person must make.

Questions for Reflection

Will I accept that over which I have no control or will I obsess over it at the cost of my personal peace?

How does my attitude toward that which is far beyond my control fill me or rob me of peace?

The Serenity Prayer

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as God did, this sinful world
as it is, not as I would have it;
trusting that God will make all things right
if I surrender to God's Will;
that I may be reasonably happy in this life
and supremely happy with God
forever in the next.

Note. The Serenity Prayer, popular with recovery movements, is included today because of its power to bring peace to one's life. I can consider "sin" in the metaphysical sense as a departure from one's true nature (loss of peace and love and creation of dis-harmony within my experience) and **not** as the committing of any specific "wrong" and punishable act. I know that a loving God has no need for such punishment, instead providing opportunities to know God in my time and on my own path.

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