

Ways to Practice Peace in Your Life

- 1. Meditate/pray daily. Set aside time to be quiet not only to speak to God but to listen.**
- 2. Pay attention to your thoughts. Consciously choose to think good and kind thoughts about yourself and others.**
- 3. Let go of any desire you have for vengeance or punishment against anyone.**
- 4. Choose something you are passionate about and make a difference through your service to others.**
- 5. Be grateful for your life.**
- 6. Affirm each day, and many times a day that you are one with the Source of Life, that you are loved and cared for in ways you cannot even imagine.**
- 7. Remind yourself regularly that whatever you think, do, or say to others you are sending the same curse or blessing to yourself.**

Paula Becker, M.A., L.P.

InnerLight Healing Center 17305 Cedar Ave. So. #230 Lakeville, MN. 55044

952-435-4144 www.counselingandhealing.com