

RESONATING HEALTH:

PEACE is an Inside Job

by Anne Christine Tooley, APP
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I think it's safe to say that everyone has been deeply affected by the events of September 11, 2001. It was a day that changed every reality as we know it. We are reassessing how we live our lives and what is most important to us. Many are turning to simpler ways of living and recognizing the exquisite gift of the love of family, friends and even strangers. Millions of people in countries all across the world have come together in shared prayer and giving. The power of mass consciousness and its potential for transforming the world into one of peace and love is at our fingertips. And by the laws of nature, when energy on one end of the continuum becomes stronger, the energy on the other end will also make itself known.

I have said for many years the world would become more and more polarized, with bigger extremes in either direction. The events of September 11 have upped the anti to an incredible level. As more light reveals itself, more darkness does as well.

Many are feeling unsafe and frightened by the question "what next?" It is easy to get into what I call "hamster mind" where we get caught up in the media's constant messages of fear. We go round and round the hamster wheel, working ourselves up into a frightful frenzy. It is so very important now to muster up **spiritual discipline** to **remain in a neutral, peaceful and loving space** within ourselves. For **whatever thoughts and energies we put out is what we magnetize back individually and collectively**.

So how do we deal with the bombardment of media's fearful messages? How can we come to that still, centered, and neutral space within? How do we find peace in our daily lives? I would like to share some of the ways I do this for myself in the hopes that it will give you some tangible ideas that you can practice for yourself.

1. Practice meditation. **Meditation quiets the everyday mind by focusing thoughts toward something simple and neutral.** Begin simply by watching your breath as it goes in and out. As you inhale, imagine breathing in the **pale blue translucent light of peace** and see it circulating throughout every cell of your body. As you exhale, imagine **releasing all fear and worry**. This is one I use when I get into "hamster mind", especially in the middle of the night.
2. Practice visualization. **In your mind, go to your favorite vacation spot.** Picture in great detail the colors, textures, smells, sounds, and tastes. Stay there for at least 5 minutes. Then notice your body, emotions and mind. Imagine in detail going through your typical day feeling this way.
3. **Don't overload on information** about what is happening in the news. The media is playing on our fears because it keeps us watching TV commercials and buying newspapers and magazines. If you want to keep up with the news, get the headlines once or twice a day and then forget about it.

4. **Do read and listen to stories that uplift you**, stories of love, compassion, understanding and caring. There are many heartwarming and miraculous stories about September 11.
5. Stop several times a day and **become aware of your thoughts and feelings, the words you say and the things you do**. If you find yourself getting into anger, fear, or revenge, stop and remember that **every act is either an expression of love or a cry for love**. Putting these thoughts out does not help anyone. It is a waste of energy and only serves to attract the same back to you. It is far better to satisfy humanity's cries for love by imagining us all as little children wanting to be held and loved.
Visualizing pale pink around those who frighten or anger you is very neutralizing for them and for you.
6. **Practice acts of kindness toward others**. Express kindness to a stranger. Offer to listen and console. Give your patience and a warm smile.
7. **Volunteer**. Not only are you helping others in need, it gets your mind off yourself while bringing gratitude for all that you have.
8. Take a relaxing **bath** with Epsom salts and a few drops of your favorite essential oil.
9. **Read** an inspirational book or poetry.
10. Listen to relaxing, soothing **music**.
11. Call or get together with **good friends**.
12. Take a **long walk** and breathe in the beauty of nature.
13. **Exercise**.
14. **Pray**.
15. **Take a nap**.
16. **Express yourself creatively!** Sing, paint, sculpt, dance, write, make pottery, sew, cook, do woodworking, etc.
17. Get a beautiful **journal** and when you get into worry and fear, **write down everything** that you are thinking and feeling. Writing gets it out in a neutral way.
18. **Anoint yourself with essential oils** before going to bed. Not only will you smell good, it will help you sleep.
19. Take a class in **meditation, T'ai Chi or Yoga**.
20. Play with your **children** and tell them how much you love them.
21. **Make love** with your partner or **write a love letter**.
22. **Tell someone** important to you **how you feel about them**.
23. And remember to **forgive yourself** often for being human.
24. **Post this on your refrigerator** and add to the list!

Read more on [How To Create Peace](#) in Anne's January 2000 newsletter.

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