

Peace on Earth, Goodwill to All

By Sharon Walls
for Road Signs

<http://www.swroadsigns.com>



All religions of the Earth have a Winter holy time – a time of joy and celebration, a time of contemplation and renewal, a time of Light and Love.

<http://www.purplemoon.com/Stickers/peace.html>

In ancient times these times coincided with the darkest and shortest days of the year. In the northern hemisphere, these days were in December. People huddled together around fires for warmth and companionship and light. So they would come together and celebrate Light, celebrate family and tribe, as an act of faith in the changing of the seasons, in the turning of the wheel of the year. They celebrated the coming Light as a way to release fear of the darkness, fear of being alone, fear of not surviving until Spring.

Faith in the coming Spring, faith in Divine Light, faith in having a place in the orderly plan of Universal Mind brought Peace.



<http://www.doverpublications.com/holiday> 1

Peace in modern times

This sense of Peace is rarely nurtured by current events. Many U.S. soldiers will spend the holy season on duty around the world and most particularly in Iraq. Soldiers and freedom fighters in all lands will be poised to fight if they are not actively fighting. In our streets there is on-going violence. In our financial life there is uncertainty of survival, or fear of lack and poverty. There is debt, bills to pay, mouths to feed, work that may or may not nourish the soul. There is fear. There is uncertainty. There is violence. There is loneliness.

Where is the Peace?

Peace comes to us in recognition that we are not separate from All That Is. We are each a part of the greater whole, a part of the Universe, of Universal Mind. In Universal Mind we live and move and have our being. We cannot be separate from the Universe. At the most basic level, we are energy. Our bodies are dancing motes of Light vibrating in a Sea of Universal Light, and we are in it together.



Here is a no-fail recipe for Peace:

1. Know that we are not separate from All That Is. We are not separate from our Higher Power, nor from each other, nor from Love, Joy, and Light.
2. Forgive. Forgive every one and every thing and know Peace.
3. Be grateful for the blessings and for the thorns in our lives now.

We cannot be separate from the Universe

We know that we cannot be separate from All That Is. Therefore we cannot be separate from each other or from any thing existing in the Universe. There is no place where Universal Mind is Not.

How can we lack any thing if there is no lack in Universal Mind and we are part of Universal Mind? It is our ego that tells us there is lack. We create our ego in fear; we are taught to create an ego to protect and serve us by our parents and our society when we are still small and vulnerable. But then the ego tries to take on a life of its own and convince us that we are separate, that we are small and vulnerable rather than a part of the Whole, that we need protecting. If we listen to the ego, and we always have that choice, we will live in fear and lack and loneliness.



We know we are listening to the ego when we are experiencing fear, emotional pain, loneliness or lack. Doreen Virtue advises that we adopt a “zero tolerance for pain” policy. She writes, “When you are aware of pain, release it. Face the pain

without fear, since it is not real. Do not judge the pain, but simply notice it. Say to your higher self, angels, ascended master, Holy Spirit, or God, “I notice that my ego is engaged right now, and I don’t like it. I fully release this pain to you and ask to see this situation in another way so that I may feel peace instead of pain. I send this pain away and know that only the lesson within it remains behind to help me to grow in love.” [The Lightworker’s Way, pp. 194-195. 1997: Hay House]

<http://www.thepeacecompany.com/>

Forgiveness



Forgiveness is a tough issue. We believe that we have been hurt by circumstances, another person's actions, our selves and our choices, and even by God. Adopting a "zero tolerance for pain" policy can help us release and free ourselves from the pain. By letting go of it we automatically engage forgiveness. <http://www.purplemoon.com/Stickers/peace.html>

Here is a meditation/affirmation for forgiveness. Directions for use: apply liberally.

Make this your forgiving prayer: "I forgive everything and everybody who can possibly need forgiveness in my past and present. I forgive positively everyone. I am free and they are free, too. All things are cleared up between us now and forever." [The Dynamic Laws of Healing, by Catherine Ponder, pp. 47-48, 1966:DeVorss & Company.]

Here is another from Charles Fillmore, co-founder of Unity School of Christianity:

"Bless your problem, whatever it be, with a thought somewhat like this: "I now release you and bless you. Divine Love is adjusting my life and its problems. Realizing this, I abide in Peace..." Every person who thus allies himself with the power of Divine Love creates a bit of heaven on earth."
[From the pamphlet, A Sure Remedy, by Charles Fillmore, published by Unity School of Christianity, quoted in Catherine Ponder's The Prospering Power of Love.]

So many spiritual teachers have written on the power of forgiveness to bring us peace, I could write a book of great quotes, meditations and prayers on this one subject. This tells you the universal belief and faith in forgiveness to release us from pain and a belief in separation... and bring us peace.

I have found that the one person in my life who needs the most forgiving, some times on a minute by minute basis, is me. I need my own compassion, understanding and forgiveness. I am most ready to condemn myself. Where I

can try to see another's point of view or pain, I will harshly judge myself. But since I am not separate from the Universe, when I forgive myself and offer myself compassion and caring, I am forgiving all others by extension.

Gratitude

"Gratitude unlocks the fullness of life. It turns what we have into enough, denial into acceptance, chaos to order, confusion to clarity." Melody Beattie

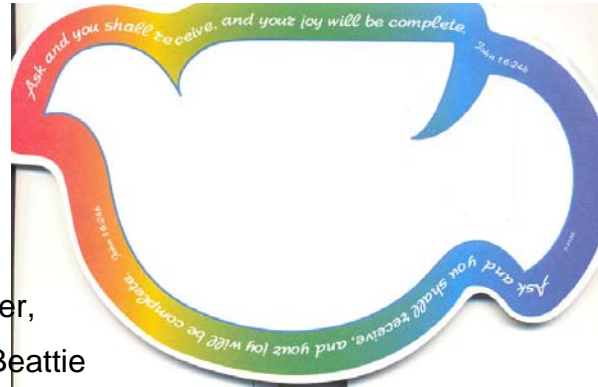
This beautiful quote arrived in an e-mail message from Bro. David Paul of Global Reiki Sharing Circle of Dallas, Texas, U.S.A.

An "Attitude of Gratitude" for every good thing is a wonderful way to peace. When we count our blessings, we are usually humbled and amazed at the good in our lives. When we focus on our blessings, our energy flows into our good attracting more good into our lives. We can let go of worry and fear by focusing on what is good.

However, in the midst of hardship and fear, can we experience gratitude then?

Last night I felt inspired to read the Book of Job in the Bible. Job was a wealthy, righteous and happy man. Satan said to God, "of course Job is a righteous man. Look at how you have blessed him. Take away his blessings and he will curse you." God gave Satan permission to test that theory. Although he had done nothing wrong, Job's wealth, his children and his health was taken away. Job praised God in the midst of his troubles, saying that he had faith in God's goodness and he was grateful for every thing in his life. Seeing his devotion, God blessed him with even more than before.

Expressing gratitude for every thing that comes our way, every lesson, every challenge, every blessing, every breath of life, every sweet moment and every bitter experience brings us true peace of mind.



When I was going through my divorce, I was really depressed and in a great deal of pain. A friend sent me this e-mail message, "God never gives us more than we can handle, but sometimes I wish He didn't have so much faith in me!" Can I get an Amen?



Use these three methods for knowing peace in your life and bring more Light, Love, and Peace into our world.

Be at Peace, for there is no where that God is not.

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Sharon: Road Signs for self help and personal development

A painful divorce was a road sign for me to take another direction and create a new life. I have studied self help and personal development, as well as spirituality, all of my life and these tools have seen me through dark times and helped me on my journey to self fulfillment, empowerment and joy. Now I am living many of my dreams and dreaming of more. I have never experienced more Joy than I do today and Life just keeps getting better. At Road Signs I share tools, ideas and information, books and resources that helped me along my way.

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